



## Meditations to Change Your Brain: Rewire Your Neural Pathways to Transform Your Life

By Rick Hanson, Rick Mendius

SOUNDS TRUE INC, United States, 2009. CD-Audio. Condition: New. Abridged edition. Language: English . Brand New. Seven Guided Practices to Rebuild Your Brain for Lasting Joy and Fulfillment The structure of your brain changes constantly in a dynamic, unfolding process that you yourself can help direct to create the life you want. This is the exciting premise of Meditations to Change Your Brain, a breakthrough three-CD program from neuropsychologist Rick Hanson, PhD, and neurologist Richard Mendius, MD. Course objectives: Use meditation to rewire the neural pathways in your mind--to change your brain and to change your mind Learn the science behind suffering; how our survival instincts have led to our own suffering and how we can change this Learn several different meditation techniques to promote concentration, let go of painful past experiences, and promote a more positive outlook A scientific overview of the structure of your brain and which areas are responsible for our different skills and emotions Drawing on a vast body of research spanning more than 30 years, Hanson and Mendius show you how to strengthen the neural circuits that generate happiness, love, and inner peace. Join them to explore fascinating insights about your brain and how you can consciously affect it..



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