

The Enlightened Brain: The Neuroscience of Awakening

By Rick Hanson


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There's been a major breakthrough in the world's oldest research experiment. For over 2,500 years, Buddhist meditators have investigated the human psyche. Now with the help of modern neuroscience, we have gained an unprecedented understanding of how the brain responds to meditation practice which gives you powerful tools for changing your own brain for more happiness, love, and wisdom. With *The Enlightened Brain*, Dr. Rick Hanson shows you how to restore the calm, contented, and caring state that is your brain's natural condition. Includes guided practices for strengthening mindfulness, bringing peace to anger and anxiety, deepening meditation, releasing ego, and much more.

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Editorial Review

About the Author

Rick Hanson, PhD, is a neuropsychologist and *New York Times* bestselling author. His books include *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence* (in 13 languages), *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom* (in 25 languages), *Just One Thing: Developing a Buddha Brain One Simple Practice at a Time* (in 13 languages), and *Mother Nurture: A Mother's Guide to Health in Body, Mind, and Intimate Relationships*. Founder of the Wellspring Institute for Neuroscience and Contemplative Wisdom and on the advisory board of the Greater Good Science Center at UC Berkeley, he's been an invited speaker at Oxford, Stanford, and Harvard, and taught in meditation centers worldwide. A summa cum laude graduate of UCLA, Dr. Hanson has been featured on the BBC, NPR, CBC, and Fox Business, and in *Consumer Reports*, *U.S. News & World Report*, and *O, The Oprah Magazine*. He also has several audio programs with Sounds True. His weekly e-newsletter, *Just One Thing*, has over 100,000 subscribers, and also appears on *Huffington Post*, *Psychology Today*, and other major websites.<?xml:namespace prefix = "o" ns = "urn:schemas-microsoft-com:office:office" />

For more information, please see his full profile at www.RickHanson.net.

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