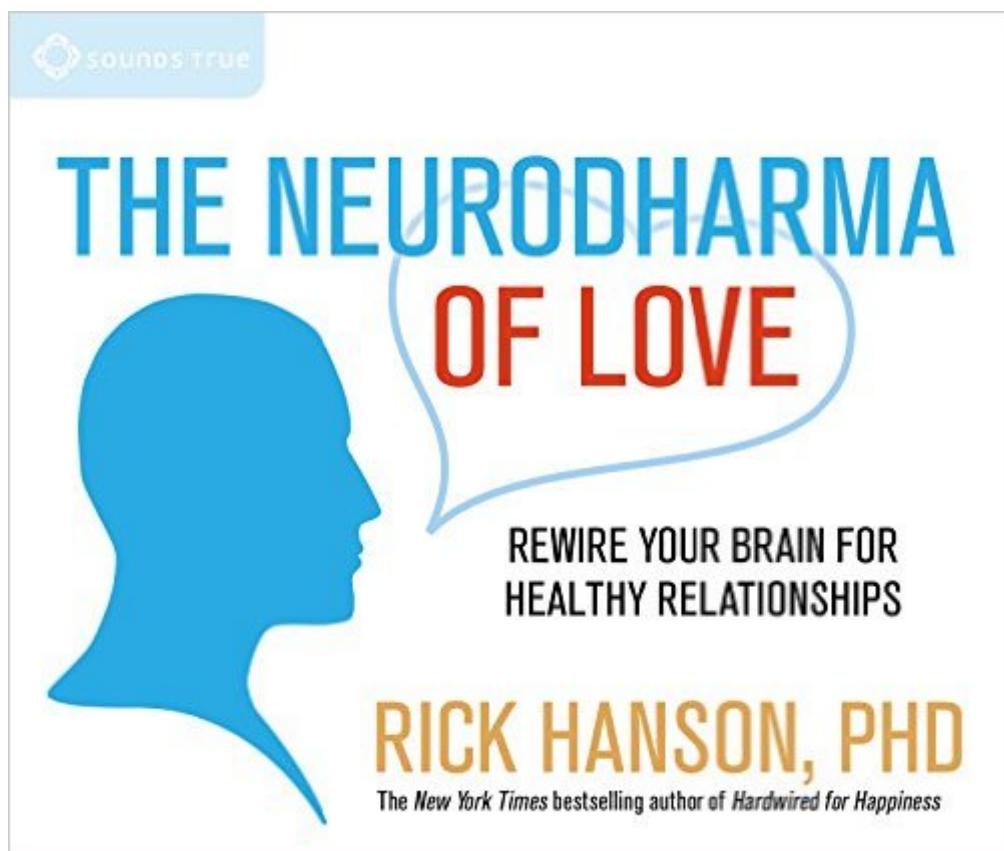


The book was found

The Neurodharma Of Love: Rewire Your Brain For Healthy Relationships



Synopsis

The Neuroscience of Fulfilling Relationshipsâ "A Guided Training ProgramMost of our greatest joys and sorrows happen in our relationships with others. Imagine then: what if you could guide your mind to forgive, heal, and find greater happiness in your connections with others? â œThe remarkable truth is that you can,â • teaches Rick Hanson. With The Neurodharma of Love, this well-respected clinician and teacher shows us how brain science, practical psychology, and Buddhist meditation practices are now converging to help us experience greater intimacy and fulfillmentâ "in our intimate relationships, with family and friends, and in our larger circles of work and community. This practice-centered audio program invites us to learn:How to strengthen our underlying neural circuits of empathy, compassion, kindness, and love at the deepest levelsMeditations to help us heal childhood wounds and shift out of fight-or-flight reactivityHow to create a healthy balance of intimacy and independence, open our hearts, resolve conflicts with others, and lay the neuropsychological foundation for lasting loveâ œCompassion,â • â œlove,â • â œopenheartednessâ •â "these arenâ "T just nice ideas. Theyâ "re actual brain states that we can nurture and strengthen. The Neurodharma of Love shows us how, with powerful insights and practices to enrich all of our relationships.Course objectives:Discuss how to strengthen our underlying neural circuits of empathy, compassion, kindness, and love at the deepest levelsPractice meditations to help us heal childhood wounds and shift out of fight-or-flight reactivityExplain how to create a healthy balance of intimacy and independence, open our hearts, resolve conflicts with others, and lay the neuropsychological foundation for lasting love

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Customer Reviews

I think Rick Hanson is great, and this is a fantastic program, very much an experiential, practice-as-you-go class (as an audio book). My issue with it is that, as a fan of Rick Hanson, I already am doing a more extended version of this course through his "Foundations of Well-Being" so this course is redundant. I mean, it's good material and is presented slightly differently, but is basically the same stuff. I'm writing this review just to advise others who may be in the FWB course that this is not markedly different from that.

It was so easy to listen to on the radio promoting this, but gets a bit repetitive for my taste. Still haven't finished it.

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Meditations to Change Your Brain: Rewire Your Neural Pathways to Transform Your Life
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Boundaries in Dating: How Healthy Choices Grow Healthy Relationships
Deep Sleep: Brain Wave Subliminal (Brain Sync Series) (Brain Sync Audios)
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