

Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom

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✓ Verified Book of Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom

Summary:

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Jesus, Moses, the Buddha, and other great teachers were born with brains built essentially like anyone else's. Then they used their minds to change their brains in ways that changed history.

With the new breakthroughs in neuroscience, combined with the insights from thousands of years of contemplative practice, you, too, can shape your own brain for greater happiness, love, and wisdom.

Buddha's Brain joins the forces of modern science with ancient teachings to show readers how to have greater emotional balance in turbulent times, as well as healthier relationships, more effective actions, and a deeper religious or spiritual practice.

Well-referenced and grounded in science, the book is full of practical tools and skills readers can use in daily life to tap the unused potential of the brain-and rewire it over time for greater peace and well-being.

If you can change your brain, you can change your life.

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