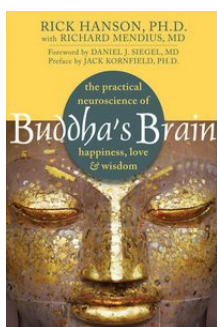


BUDDHA'S BRAIN: THE PRACTICAL NEUROSCIENCE OF HAPPINESS, LOVE, AND WISDOM

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Author	Rick Hanson
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Peek Inside the Book

The autobiographical self (Damasio 2000) incorporates the reflective self and some of the emotional self, and it provides the sense of I having a unique past and future. The core self involves an underlying and largely nonverbal feeling of I that has little sense of the past or the future. If the PFC which provides most of the neural substrate of the autobiographical self were to be damaged, the core...

If you can break the link between feeling tones and craving if you can be with the pleasant without chasing after it, with the unpleasant without resisting it, and with the neutral without ignoring it then you have cut the chain of suffering, at least for a...

Reader's Opinions

An enlightening book, full of useful techniques to promote compassion, insight and wisdom. Many of the ideas were familiar, but that did not detract from the book. I liked the combination of neuroscience and meditative techniques. I will attempt to use the techniques in my daily life. "All joy in this world comes from