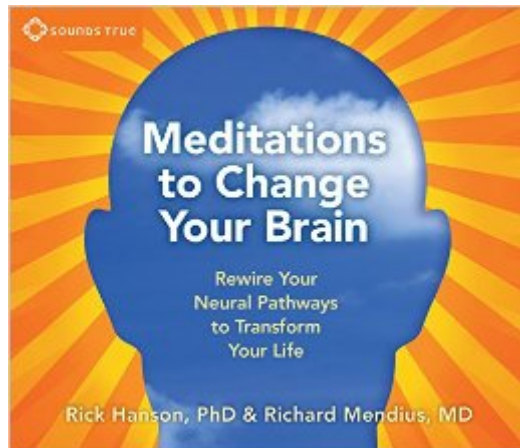


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# Meditations To Change Your Brain: Rewire Your Neural Pathways To Transform Your Life



## Synopsis

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 with good results. Then learn seven guided meditations to reshape your brain, including: Steadying Your Mind to tap the full creative power of your attention Taking in the Good to maintain a positive emotional landscape Antidote to Stress, a conscious way to activate your body's relaxation response Healing Painful Experiences to free yourself from the charge of negative memories Science has proven what contemplative traditions have taught for centuries: meditation holds a key to a life of balance, peace, and joy. Whether you're discovering meditation for the first time or looking for a way to deepen an existing practice, with *Meditations to Change Your Brain* you have a full spectrum of techniques to make your brain your greatest ally on the path to personal fulfillment.

## Book Information

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## Customer Reviews

This 3 disc, 3 ½ hour, 2009 Sounds True program is encased in a cardboard type tri-fold. It is said to draw on 30 years plus of research by neuropsychologist Rick Hanson and neurologist Richard Mendius. The cover states that it will show you how to strengthen your neural circuits that generate happiness, love, and inner peace and includes 7 guided meditations to reshape your brain. (OK. I'm in.) Note that the term "guided meditation" just means that someone is verbally guiding you through the meditation by talking to you and making suggestions. There is a lot of really good information here and this is an excellent program, especially for those who want to learn to meditate but also want to be convinced first that it is worth their time commitment. This material provides how and why to meditate from a medical standpoint and can also be useful to seasoned meditators. The doctors also talk about how getting rid of your emotional baggage can help you. I can attest to that. Meditation has helped me bring up and confront some stuff I had buried inside. Once you bring it to the surface, you can begin to deal with it. This is a program that you can work with over and over, and will likely need to repeat to effectuate a positive change. With the exception of the meditation segments on each CD, you can listen to the other/instructional parts in your car, on your way to work. I have listed the times for each track so you can figure out how everything is laid out and what way to listen best suits you. Disc 1: Using Your Brain to Change Your Mind (total time 71:12) 1. Introduction (0:51) 2.

I have reviewed many meditation CDs and videos and I must say this is one of the best collections I have found! The Rick and Richard present 7 meditations on this 3-disk set and each meditation includes discussion on the topic before hand. The meditations are well lead with short periods of silence for the meditation practices. Their voices are very soothing and they will help you find a place within yourself to find peace and safety. By using these CD's regularly you will definitely look at the world differently and potentially change the way you perceive the world. I like the lengths of the practices and you can easily mix and match if you have more time. Here are the 7 meditations included on the cds: Appreciating Your Brain, 10 min Foundation Practices, 15 min Taking in the Good, 7 min Antidote to Stress, 9 min Healing Painful Experiences, 9 min Steadying Your Mind, 28 min Mosaic Meditation, 22 min This CD set will definitely help you work on activating your underlying brain states using both modern western sciences of neurology and psychology and traditional

practices of Buddhism. The meditations and theories can be used by people of any spiritual background or no spiritual background at all since there is no discussion of god or other religion-based theories. Another reviewer mentioned they had trouble importing into iTunes. I had no problems at all; in fact this is a great way to use the meditations. You can mix the meditations with soft music or nature sounds and continue the meditation on your own after the formal CD practice has completed. I only have one comment on the packaging. The only place to find a listing of the tracks is on the disk itself.

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Neural Smithing: Supervised Learning in Feedforward Artificial Neural Networks (MIT Press)  
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