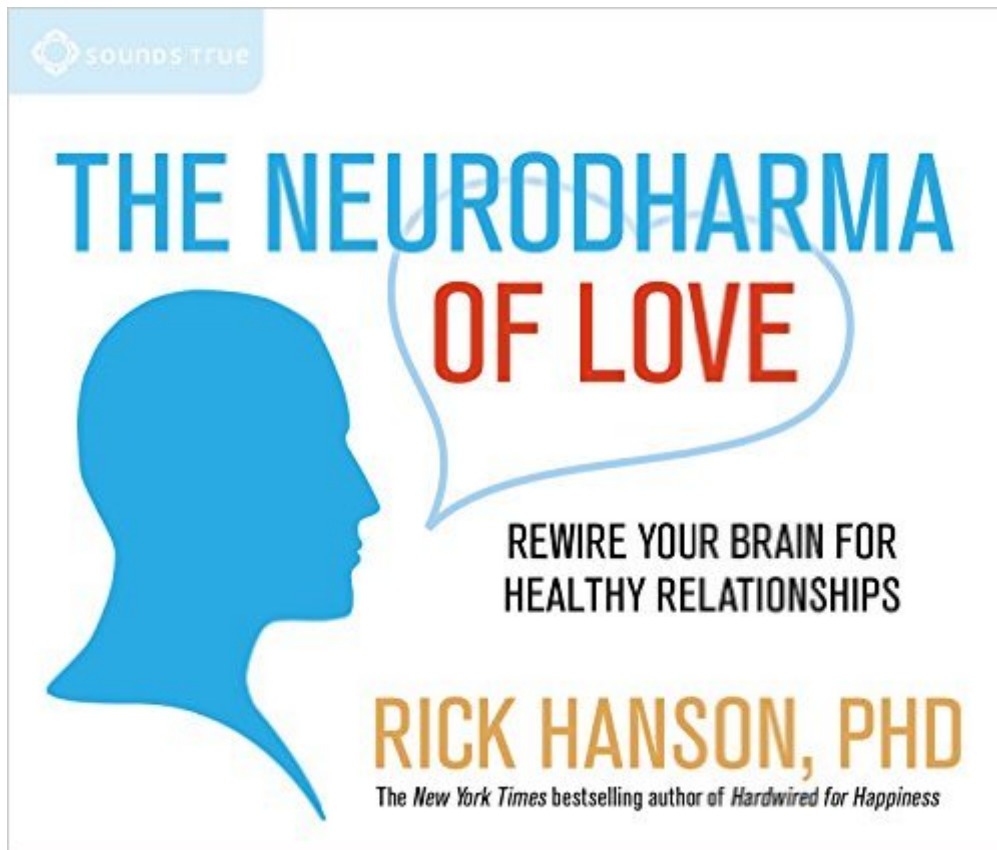


The book was found

The Neurodharma Of Love: Rewire Your Brain For Healthy Relationships



Synopsis

The Neuroscience of Fulfilling Relationships – A Guided Training Program

Most 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? – The remarkable truth is that you can, – 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 fulfillment – 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 levels
- Meditations to help us heal childhood wounds and shift out of fight-or-flight reactivity
- 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 – Compassion, – love, – openheartedness – these aren't just nice ideas. They'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 levels
- Practice meditations to help us heal childhood wounds and shift out of fight-or-flight reactivity
- Explain 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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The Neurodharma of Love: Rewire Your Brain for Healthy Relationships Meditations to Change Your Brain: Rewire Your Neural Pathways to Transform Your Life Rewire: Change Your Brain to Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior Boundaries in Dating: How Healthy Choices Grow Healthy Relationships Deep Sleep: Brain Wave Subliminal (Brain Sync Series) (Brain Sync Audios) Cooking Healthy with a Food Processor: A Healthy Exchanges Cookbook (Healthy Exchanges Cookbooks) People Styles at Work...And Beyond: Making Bad Relationships Good and Good Relationships Better Designer Relationships: A Guide to Happy Monogamy, Positive Polyamory, and Optimistic Open Relationships Aloha: Love, Suite Love/Fixed by Love/Game of Love/It All Adds Up to Love (Inspirational Romance Collection) Love's Unending Legacy/Love's Unfolding Dream/Love Takes Wing/Love Finds a Home (Love Comes Softly Series 5-8) Big Big Love, Revised: A Sex and Relationships Guide for People of Size (and Those Who Love Them) Marriage: Save Your Marriage- The Secret to Intimacy and Communication Skills (marriage, relationships, save your marriage, divorce, love, communication, intimacy) The Neurobiology of 'We': How Relationships, the Mind, and the Brain Interact to Shape Who We Are The Neurobiology of "We": How Relationships, the Mind, and the Brain Interact to Shape Who We Are (Sounds True Audio Learning Course) Nonviolent Communication: Create Your Life, Your Relationships, and Your World in Harmony with Your Values Live Large. Be Different. Shine Bright.: 12 Contagious Qualities for Healthy Relationships National Geographic Kids Brain Games: The Mind-Blowing Science of Your Amazing Brain Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain - for Life Grain Brain: The Surprising Truth About Wheat, Carbs, and Sugar - Your Brain's Silent Killers Brain Maker: The Power of Gut Microbes to Heal and Protect Your

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