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# BEYOND ADDICTION SHOW

WITH DR. JOSH KING

cmc:podcast

## The Beyond Addiction Show Archives Available

**February 6th 2020: Your Brain and You with Dr. Rick Hanson**

Brains are truly amazing. Your behaviors can actually change the physiology of your own brain, and hence your life. Dr. Rick Hanson joins us today to talk about your brain, how it impacts your behaviors, and how your behaviors can impact it.



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## Featured Guest



### Rick Hanson

Rick Hanson, Ph.D., is a psychologist, Senior Fellow of the Greater Good Science Center at UC Berkeley, and New York Times best-selling author. His work has been featured on the BBC, CBS, and NPR, and he offers the free Just One Thing newsletter with 140,000 subscribers, plus the online Foundations of Well-Being program in positive neuroplasticity that anyone with financial need can do for free.

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