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Leading Conversations with Cheryl Esposito

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Leading Conversations
Friday at 10 AM Pacific
April 26th 2013: Change your Mind to Change Your Brain

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Cheryl Esposito welcomes Rick Hanson, Ph.D., a neuropsychologist and author of Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom and Just One Thing: Developing a Buddha Brain One Simple Practice at a Time. An interpretation of the word "buddha" is one who knows how to be truly happy and effective. With the new breakthroughs in neuroscience, combined with insights from thousands of years of contemplative practice, you can shape your own brain for greater happiness, love, and wisdom. Simple actions inside your mind can light up neural networks of deep well-being and re

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Featured Guest



Rick Hanson, Ph.D.

Rick Hanson, Ph.D., is a neuropsychologist, a Senior Fellow of the Greater Good Science Center at UC Berkeley, and a New York Times best-selling author.

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