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March 24th 2016: Rewire Your Brain for Better Relationships

Research shows that people cannot reach their full potential unless they are in healthy connection with others. Yet we all experience moments when we feel isolated and alone. A 2006 Purdue University study found that twenty-five percent of Americans cannot name a single person they feel close to. But every one of us is hardwired for close relationships. The key to more satisfying relationships—be it with a significant other, a family member, or a colleague—is to strengthen the neural pathways in our brains that encourage closeness and connection. In her book, "Four Ways to Click," Dr. Amy Banks

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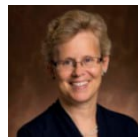
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Featured Guest



Amy Banks, M.D.

Dr. Amy Banks graduated magna cum laude from Tufts University, earned her medical degree at Georgetown University and continued her psychiatric training at the Massachusetts Mental Health Center. Amy was an instructor of psychiatry at Harvard Medical School and is now the director of Advanced Training at the Jean Baker Miller Training Institute at the Wellesley Centers for Women.

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