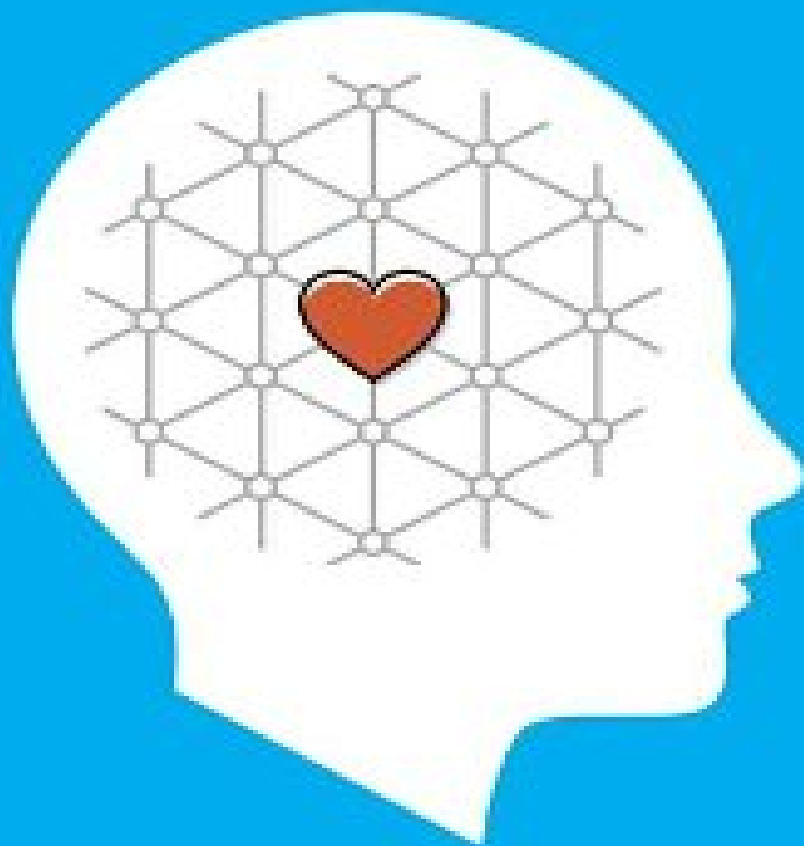


Hardwiring Happiness



THE
NEW BRAIN
SCIENCE OF
CONTENTMENT,
CALM, AND
CONFIDENCE

RICK HANSON, Ph.D.

International Bestselling Author of *Buddha's Brain*

Resumo de Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence

Why is it easier to ruminate over hurt feelings than it is to bask in the warmth of being appreciated? Because your brain evolved to learn quickly from bad experiences but slowly from the good ones. You can change this. Hardwiring Happiness lays out a simple method that uses the hidden power of everyday experiences to build new neural structures full of happiness, love, confidence, and peace.

Dr. Hanson's four steps build strengths into your brain—balancing its ancient negativity bias—making contentment and a powerful sense of resilience the new normal. In mere minutes each day, we can transform our brains into refuges and power centers of calm and happiness.

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