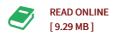




## Just One Thing: Developing a Buddha Brain One Simple Practice at a Time

By Rick Hanson

BRILLIANCE AUDIO, United States, 2014. CD-Audio. Book Condition: New. Unabridged. 170 x 134 mm. Language: English . Brand New. You ve heard the expression, It s the little things that count. It s more than a simple platitude. Research has shown that integrating little daily practices into your life can actually change the way your brain works. This guide offers simple things you can do routinely, mainly inside your mind, that will support and increase your sense of security and worth, resilience, effectiveness, well-being, insight, and inner peace. For example, they include: taking in the good, protecting your brain, feeling safer, relaxing anxiety about imperfection, not knowing, enjoying your hands, taking refuge, and filling the hole in your heart. At first glance, you may be tempted to underestimate the power of these seemingly simple practices. But they will gradually change your brain through what s called experience-dependent neuroplasticity. Moment to moment, whatever you re aware of sounds, sensations, thoughts, or your most heartfelt longings is based on underlying neural activities. This audiobook offers simple brain training practices you can do every day to protect against stress, lift your mood, and find greater emotional resilience. Just one practice each day can...



## Reviews

I actually started looking over this publication. It really is rally interesting throgh studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dana Hintz

Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

-- Elisa Reinger