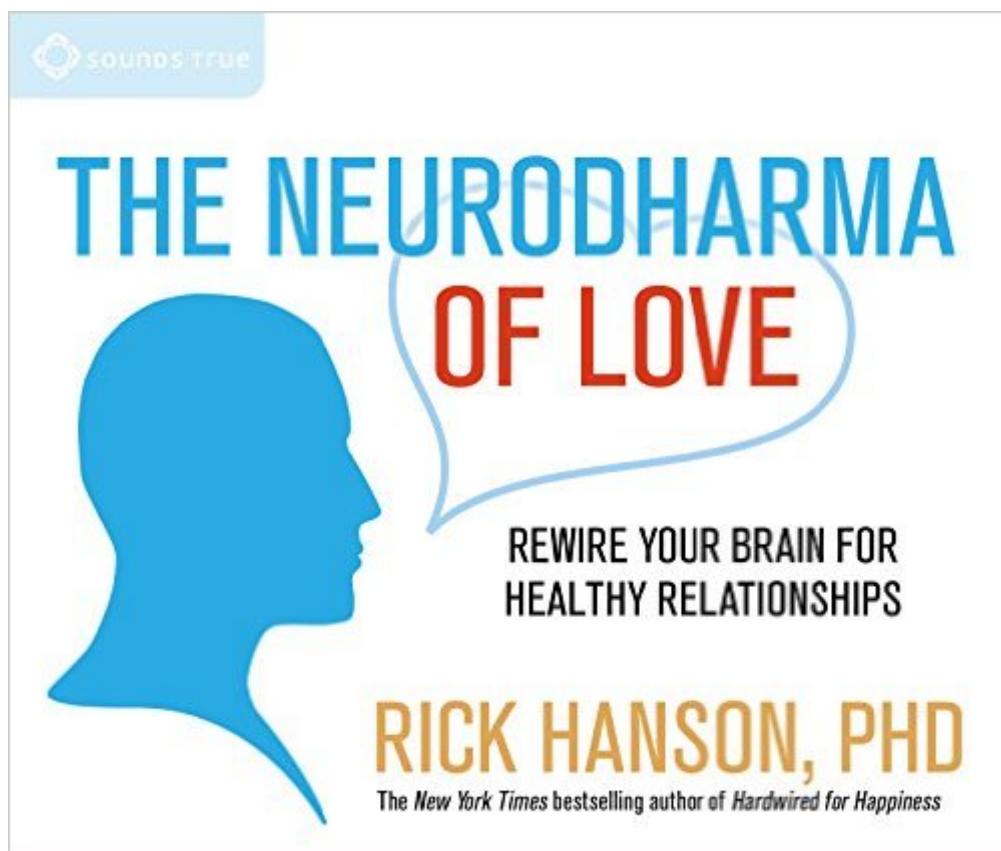


The book was found

# The Neurodharma Of Love: Rewire Your Brain For Healthy Relationships



## Synopsis

The Neuroscience of Fulfilling Relationshipsâ "A Guided Training ProgramMost of our greatest joys and sorrows happen in our relationships with others. Imagine then: what if you could guide your mind to forgive, heal, and find greater happiness in your connections with others? â œThe remarkable truth is that you can,â • teaches Rick Hanson. With The Neurodharma of Love, this well-respected clinician and teacher shows us how brain science, practical psychology, and Buddhist meditation practices are now converging to help us experience greater intimacy and fulfillmentâ "in our intimate relationships, with family and friends, and in our larger circles of work and community. This practice-centered audio program invites us to learn:How to strengthen our underlying neural circuits of empathy, compassion, kindness, and love at the deepest levelsMeditations to help us heal childhood wounds and shift out of fight-or-flight reactivityHow to create a healthy balance of intimacy and independence, open our hearts, resolve conflicts with others, and lay the neuropsychological foundation for lasting loveâ œCompassion,â • â œlove,â • â œopenheartednessâ •â "these arenâ "T just nice ideas. Theyâ "re actual brain states that we can nurture and strengthen. The Neurodharma of Love shows us how, with powerful insights and practices to enrich all of our relationships.Course objectives:Discuss how to strengthen our underlying neural circuits of empathy, compassion, kindness, and love at the deepest levelsPractice meditations to help us heal childhood wounds and shift out of fight-or-flight reactivityExplain how to create a healthy balance of intimacy and independence, open our hearts, resolve conflicts with others, and lay the neuropsychological foundation for lasting love

## Book Information

Audio CD: 1 pages

Publisher: Sounds True; Unabridged edition (September 1, 2014)

Language: English

ISBN-10: 1622033523

ISBN-13: 978-1622033522

Product Dimensions: 6 x 0.8 x 5.1 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 3.0 out of 5 starsÂ See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #576,485 in Books (See Top 100 in Books) #56 inÂ Books > Books on CD > Parenting & Families > Interpersonal Relations #602 inÂ Books > Books on CD > Nonfiction #941 inÂ Books > Books on CD > Religion & Spirituality > General

## Customer Reviews

I think Rick Hanson is great, and this is a fantastic program, very much an experiential, practice-as-you-go class (as an audio book). My issue with it is that, as a fan of Rick Hanson, I already am doing a more extended version of this course through his "Foundations of Well-Being" so this course is redundant. I mean, it's good material and is presented slightly differently, but is basically the same stuff. I'm writing this review just to advise others who may be in the FWB course that this is not markedly different from that.

It was so easy to listen to on the radio promoting this, but gets a bit repetitive for my taste. Still haven't finished it.

[Download to continue reading...](#)

The Neurodharma of Love: Rewire Your Brain for Healthy Relationships  
Meditations to Change Your Brain: Rewire Your Neural Pathways to Transform Your Life  
Rewire: Change Your Brain to Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior  
Boundaries in Dating: How Healthy Choices Grow Healthy Relationships  
Deep Sleep: Brain Wave Subliminal (Brain Sync Series) (Brain Sync Audios)  
Cooking Healthy with a Food Processor: A Healthy Exchanges Cookbook (Healthy Exchanges Cookbooks)  
People Styles at Work...And Beyond: Making Bad Relationships Good and Good Relationships Better  
Designer Relationships: A Guide to Happy Monogamy, Positive Polyamory, and Optimistic Open Relationships  
Aloha: Love, Suite Love/Fixed by Love/Game of Love/It All Adds Up to Love (Inspirational Romance Collection)  
Love's Unending Legacy/Love's Unfolding Dream/Love Takes Wing/Love Finds a Home (Love Comes Softly Series 5-8)  
Big Big Love, Revised: A Sex and Relationships Guide for People of Size (and Those Who Love Them)  
Marriage: Save Your Marriage- The Secret to Intimacy and Communication Skills (marriage, relationships, save your marriage, divorce, love, communication, intimacy)  
The Neurobiology of 'We': How Relationships, the Mind, and the Brain Interact to Shape Who We Are  
The Neurobiology of "We": How Relationships, the Mind, and the Brain Interact to Shape Who We Are (Sounds True Audio Learning Course)  
Nonviolent Communication: Create Your Life, Your Relationships, and Your World in Harmony with Your Values  
Live Large. Be Different. Shine Bright.: 12 Contagious Qualities for Healthy Relationships  
National Geographic Kids Brain Games: The Mind-Blowing Science of Your Amazing Brain  
Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain - for Life  
Grain Brain: The Surprising Truth About Wheat, Carbs, and Sugar - Your Brain's Silent Killers  
Brain Maker: The Power of Gut Microbes to Heal and Protect Your

Brain&#150;for Life

[Dmca](#)