

From the author of BUDDHA'S BRAIN
DISCOVER THE POWER OF PRACTICE TO CHANGE YOUR
BRAIN EACH DAY FOR THE BETTER

Rick Hanson, PhD, is a neuropsychologist and author of the bestselling *Buddha's Brain: The Practical Neuroscience of Happiness, Love and Wisdom* (in 21 languages). Founder of the Wellspring Institute for Neuroscience and Contemplative Wisdom, and Affiliate of The Greater Good Science Center of the University of California, he's taught at Oxford, Stanford, and Harvard, and in meditation centers in Europe, North America, and Australia.

An authority on self-directed neuroplasticity, Dr. Hanson's work has been featured on the BBC, NPR, *Consumer Reports Health*, and *U.S. News and World Report*.

Visit: www.RickHanson.net



Each day we are pushed around by external forces – from the economy to the people we live and work with – and by reactions to these that come from ancient reptile/mammal/primate/caveman circuits inside our own brains. But now, with the power of modern neuroscience, we can take charge of the brain and gradually change it for the better.

That's the promise of **Dr. Rick Hanson's *Just One Thing: Developing a Buddha Brain One Simple Practice at a Time*** – the follow up to his pioneering book *Buddha's Brain* – which shows readers down-to-earth ways to build up a “buddha brain” for more peace of mind in stressful times, greater inner strength and confidence, and an unshakeable sense of contentment and worth.

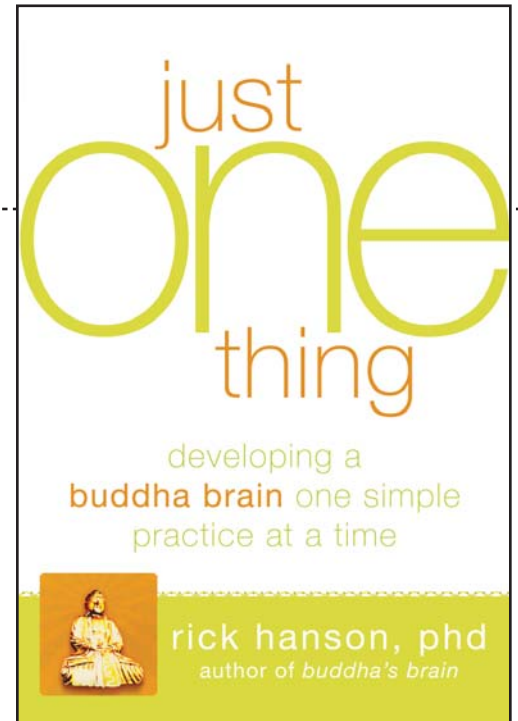
The original meaning of the word “buddha” is one who knows how to be truly happy and effective. Developing a buddha brain is for anyone – Christian, Jewish, atheist, etc.—who wants this kind of brain.

Dr. Hanson presents 52 practices – simple actions inside your mind – that light up neural networks of deep well-being and resilience. And because “neurons that fire together, wire together,” each time a reader does a practice, it strengthens key neural circuits like building a muscle in the gym.

Each practice is grounded in modern neuroscience, positive psychology and ancient contemplative wisdom. The book offers information on why the practice is important and how it works, guidance for performing the practice, and additional resources readers can use to delve deeper into particular types of practice.

“We are so busy these days,” says Dr. Hanson, “that it's great to have just one thing to focus on to make your life better. Practice is not some flabby New Age mumbo-jumbo - it takes grit and honest work - you earn the results, and can respect yourself for them. “Broken up into five user-friendly sections, this pocket-sized “owner's manual plus toolbox” helps readers transform their brain from the inside out.

“Bottom line, it's the law of little things,” adds Dr. Hanson. “A small thing repeated each day adds up over time to produce big results.”



**FOR AN INTERVIEW REQUEST or
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JUST ONE THING

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