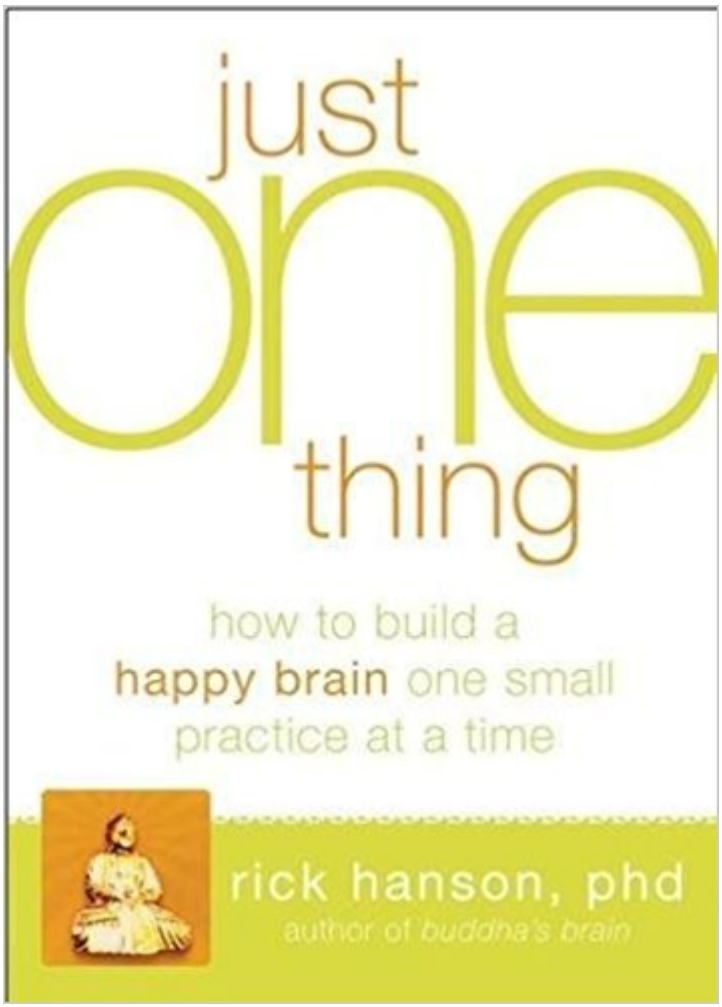
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Just One Thing: Developing A Buddha Brain One Simple Practice At A Time



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Synopsis

You've heard the expression, “ItÃ¢â ¬â„¢s the little things that count.Ã¢â ¬Â• 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.Ã Â At first glance, you may be tempted to underestimate the power of these seemingly simple practices. But they will gradually change your brain through whatÃ¢â ¬â„¢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 book 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 help you to: Be good to yourself Enjoy life as it is Build on your strengths Be more effective at home and work Make peace with your emotions With over fifty daily practices you can use anytime, anywhere, Just One Thing is a groundbreaking combination of mindfulness meditation and neuroscience that can help you deepen your sense of well-being and unconditional happiness.

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Customer Reviews

Ã¢â ¬Å“These are great practicesÃ¢â ¬â •wise and straightforward, scientific and nourishing. They

can transform your life.Ã¢â ¬Â• Ã¢â ¬â •Jack Kornfield, PhD, author of The Wise Heart and A Path with Heart Ã¢â ¬Å“Most people want to be happier, healthier, less stressed, and more self-accepting, but itÃ¢â ¬â„¢s often hard to find time to work toward these goals. The brilliance of this book is that it offers powerful, targeted practices that can be done easily throughout the day to help people reach their highest potential.Ã¢â ¬Â• Ã¢â ¬â •Kristin Neff, PhD, associate professor at the University of Texas at Austin and author of Self-Compassion Ã¢â ¬Å“Delightfully clear and practical, this book distills profound insights from ancient wisdom traditions, modern psychology, and cutting-edge neurobiology into simple techniques anyone can use to live a happier, saner, more rewarding life. I felt more awake and alive after reading just a few pages.Ã¢â ¬Â• Ã¢â ¬â •Ronald D. Siegel, PsyD, assistant clinical professor of psychology at Harvard Medical School and author of The Mindfulness Solution Ã¢â ¬Å“If you are looking for bite-sized daily practices that can open your heart and clear your mind, Just One Thing deserves to be at the top of your reading list. Grounded in fascinating science, psychological understanding, and timeless wisdom, this book offers a rich assortment of entirely simple, doable ways you can find more happiness and ease.Ã¢â ¬Â• Ã¢â ¬â •Tara Brach, PhD, author of Radical Happiness Ã¢â ¬Å“Rick Hanson has done the work for us, distilling decades of self-inquiry and key psychological research into fifty-two essential skills for healthy, happy living. This deceptively simple book is a trustworthy guide to living our lives more deeply and fully. Read, practice, and your brain will surely return the favor.Ã¢â ¬Â• Ã¢â ¬â •Christopher K. Germer, PhD, clinical instructor at Harvard Medical School and author of The Mindful Path to Self-Compassion Ã¢â ¬Å“This gem of a book is the perfect follow-up to Rick HansonÃ¢â ¬â„¢s brilliant BuddhaÃ¢â ¬â„¢s Brain. Just One Thing offers dozens of easy-to-learn practices that slowly work their magic on our brains, making it possible for all of us to dwell in the peaceful contentment of a Buddha. Just One Thing is one of those rare books that becomes a lifelong companionÃ¢â ¬â •never far out of reach.Ã¢â ¬Â• Ã¢â ¬â •Toni Bernhard, author of How to Be Sick: A Buddhist-Inspired Guide for the Chronically Ill and their Caregivers Ã¢â ¬Å“Is it improper to be begged by someone you donÃ¢â ¬â„¢t know to buy a book? Then call me improper because I am begging you to give yourself the miracle of Rick HansonÃ¢â ¬â„¢s grounded science and earthy spirituality. Keep this book close by while giving copies to everyone you love.Ã¢â ¬Â• Ã¢â ¬â •Jennifer Louden, author of The Woman's Comfort Book and The Life Organizer Ã¢â ¬Å“What a way to go through life! These simple yet profound practices train the brain, open the heart, and enhance well-being. Rick Hanson provides the map. If you follow it, youÃ¢â ¬â„¢ll surely increase your happiness and awaken your joy!Ã¢â ¬Â• Ã¢â ¬â •James Baraz, author of Awakening Joy Ã¢â ¬Å“Just One Thing is a very wise, sincere, and heartfelt guide to living well.

Rick Hanson skillfully guides you through fifty-two accessible and down-to-earth practices that can transform your outlook on life and healthÃ¢â ¬Â• Ã¢â ¬â •Bob Stahl, PhD, coauthor of A Mindfulness-Based Stress Reduction Workbook and Living with Your Heart Wide Open Ã¢â ¬Å“Just One Thing is full of simple, down-to-earth steps you can take to experience greater happiness and love in your life. Based in brain science, but written beautifully from the heart, this book is a gem.Ã¢â ¬Â• Ã¢â ¬â •Marci Shimoff, author of Happy for No Reason

Combining meditative principles with fascinating neuroscientific research, Just One Thing presents more than fifty simple practices readers can do each day to wire the brain for increased happiness, positive thinking, and wisdom. Written by Rick Hanson, author of Buddha's Brain, this pocket-sized book helps readers reap the benefits of meditation through simple five to ten-minute practices they can access anytime, anywhere.

I ordered this book about a week ago to help with some severe anxiety(as a result I've been having some uncomfortable health related side effects). I'm honestly no more then 29 pages in and feel as if its helping.I have coupled the exercises in this book with a new daily yoga regime, and already I'm finding myself more at ease, more accepting of myself, and more patient with my kids. Its really helping.The simplicity of this book is key. We're not aiming for enlightenment here, just peace of mind and a state of physical and mental calm...no lofty goals, just a sense that things are okay.Most exercises (so far) involve gently rethinking things, and letting oneself feel the positive moments in life. The writing is based on neuropsychological research, which means the aim is to really reshape the pathways of the your brain...making permanent long term change.This book is a valuable tool for anyone who is anxiety prone, prone to depression, or just prone negative self talk. This is one I will always carry with me. Wonderful, simple stuff! My thanks to the author!!

In Just One Thing, neuropsychologist and meditation teacher Rick Hanson presents you with 52 simple practices for changing your brain, and changing the way you live your life. His focus is on cultivating what is positive, but this is not just some "feel good" collection of helpful hints -- there is real substance here, pared down to what is essential for building on your strengths, becoming more resilient, and coming to peace with your emotions. I enjoy referring my patients as well as my friends to Rick's work -- his work is warm, engaging, and well-informed by his training in the brain-behavior relationship.

Rick Hanson, a sensitive, caring human being, obviously loves to work with people, combining psychology, neuroscience and Buddhist philosophy to enable us to feel at home with ourselves despite some opposite messages from the world. Likewise, he infuses a great deal of gentle advice throughout his 52 "practices" garnered from his life, his counseling practice, and professional associations. All this, he has gathered together in a small, concise book that can easily become one’s traveling companion of practical reminders.My first read was a "beginning to end" approach, straight through--to learn about the practices. Later, I discovered it was helpful to keep it handy for daily reflections--just opening it up to the table of contents, and seeing what particular practice would "speak to me" about my present situation. Also, with 52 practices, one practice a week can be reread daily to help the brain form new neural pathways. The reinforcement of great ideas and encouragement through difficult times not only builds good mental habits, but makes this book a little treasure chest. The more I think about it, the more ideas for using it come to mind! In any case, for periods of inspiration, and morale boosts, this book is a keeper! (And, according to neuroscience, if we keep applying what we learn, this book changes us!)

This book improves your life without putting any stress on you. You can take it in any order, or go straight through start to finish. One thing for every week of the year, just to make you happier in your life. "Just One Thing" really means that - one little easy thing to remember to do for yourself all week. Short and sweet. Highly recommended by a therapist friend.

We use these like daily devotions, reading one everyday. Some are deep, and many open a dialog between my wife and me. We look forward to seeing what’s next.

Just One Thing by Rick Hanson is a little jewel box of psychological gemstones. Consisting of "practices", because awareness alone doesn’t usually change significant beliefs and behaviors that challenge our happiness. As a neuropsychologist, the author knows that our biology affects our brains and thus our minds. So we are urged to go beyond thinking to repetitive action and focus on a specific need. He is point-on about the human condition, insights gleaned from working as a psychotherapist, but writes as though he is speaking directly to you. These are pragmatic teachings but ones that are infused with joy and optimism. I am grateful to receive my lessons with a spirit such as this, heart-opening as well as mind-expanding. Years of teaching and practicing meditation are apparent influences. All this makes for a book of real substance.Just One Thing is a source that can be gone back to whenever a need arises. I will use these practices both personally and in my

work as a school psychologist and learning specialist. Throughout the ages, people have used bibles in much this way, for inspiration to guide their lives.

WOW, I love this book! This book highlights simple, straigh forward practices that you can use to better your life, improve your outlook on life and help you shift your thinking to positive things. This book perfectly helped me put into practice theories I have picked up from at least half a dozen other self-help books. Each chapter (all 52 of them, one for each week of the year) is short, straight forward, addresses a new way to look at the world (focus on the good, fill the hole in your heart, find beauty, protect your brain etc.) and includes practices you can use to implement what the author is talking about. Everything in this book is easy to take in, but some things are difficult to practice. I have put most of this book to good use and feel like I am going to reread the rest of it until I get it down pat. I am a better person for reading it and highly recommend it to EVERYONE (religious or not).

This a great book for anyone wanting to understand more about eastern thought, Buddha and meditation. It is broken down into short, simple chapters---you can read them before bedtime, when you wake up, or any other time , to get back in touch with your inner self.

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