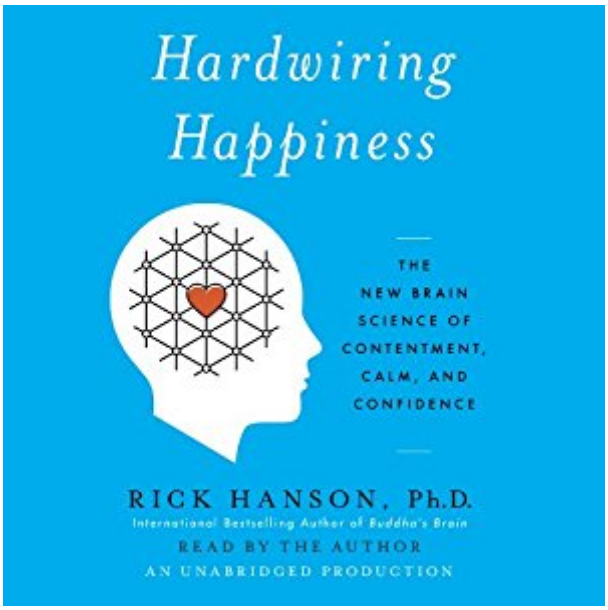
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Hardwiring Happiness: The New Brain Science Of Contentment, Calm, And Confidence



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Synopsis

See through the lies your brain tells you Why is it easier to ruminate over hurt feelings than it is to bask in the warmth of feeling loved? Your brain was wired in such a way when it evolved, primed to learn quickly from bad experiences, but not so much from the good ones. It’s an ancient survival mechanism that turned the brain into Velcro for the negative, but Teflon for the positive.

Book Information

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Customer Reviews

Ever wonder why we live in the most affluent society in the history of the world, and yet so many people are still unhappy? Dr Rick Hanson explains this baffling fact in "Hardwiring Happiness" and offers us some potent remedies for the negativity bias of the human brain.In simple terms, being a little jumpy and fearful had survival value for our ancestors for millions of years. So now, even though no predators roam the range and we’re not likely to be bludgeoned by a neighboring tribe, we’re the descendants of those nervous souls and our brains still have "Velcro for negativity and Teflon for positivity." Which means that many of us are pointlessly jumpy and stressed.So how do you switch this around so more of the positive sticks and more of the negative slides off? How do we take our brains from reactivity (stressful!) to responsivity (much better)?Here Dr Hanson’s book excels and may be the most practical manual of its genre. His central premise is that good stuff is happening all the time - e.g. you’re breathing, heart’s beating, sun’s shining. All you have to do is take in more of the good. To help us take in the good, he’s devised a 4-step protocol with the acronym HEAL:1) Have a positive experience.2) Enrich it.3) Absorb it. Let it really sink in!Now you practice this HEAL protocol on a regular basis, which can take less than a minute. The more you do

this, the more you’re training your brain to stay in the happy, responsive "green zone" all the time, even in stressful conditions.If that were all I got out of the book, it would already be far more than my money’s worth. And you, eagle-eyed reader, may have noticed that I haven’t yet mentioned the 4th letter of the HEAL acronym:4) Link positive and negative material.This step allows you to overwrite and/or *erase* negative experiences with positive ones ("pulling weeds with flowers", in Hanson’s poetic terms). This is an extraordinary feat of mental jiu-jitsu: to heal the mind using the mind. What’s even more extraordinary is that anyone can do it. I’ve used it in my own practice, both for myself and patients, and it works nicely. Dr Hanson’s simple, step-by-step protocol to pull the weeds from your own mental garden is easy to use and quite effective.Some of the other things that I appreciate about this book:-- The organization is clear and coherent - first the Why, then the How - making the material easy to absorb.-- Dr Hanson is a trained neuropsychologist with 30 years of practice. This means that what he’s teaching you works on real people like you and me.-- Not only does Hanson have thorough command of the science, but he’s also a master of explaining complexity in terms everyone can understand and implement.-- Real-life anecdotes from patients illustrate some of the techniques. I’ll always remember the one about writing positive experiences on strips of colored paper and turning those into a chain that grows every day.-- The book has an actual recipe for getting yourself to practice the piano more. I’m hoping it’s translatable to other tasks productive if not wholly pleasant.-- A big bonus towards the end called the "21 Jewels": "a collection of practices for growing key strengths inside yourself," oriented around the three basic needs of safety, satisfaction and connection. Hanson leads you through a HEAL-based meditation for each one. Top 5: refuge, peace, enthusiasm, love, and feeling like a good person.Ultimately, this is a manual for healing yourself and your family. Using the procedures laid out in this book, you can solve problems that may have seemed insurmountable for years: mediocre mood, poor relations, stress, guilt, self-criticism. If it saves you even half of a session with a shrink, it’s worth the twenty bucks you plunk down for it.I met Dr Hanson at one his talks here in the Bay Area, and find him to be a competent and compassionate healer and teacher. If you wish to turn up the color of joy in your life for the long term, you would do well to read his book.-- Ali Binazir MD, Happiness Engineer and author ofÃ Â The Tao of Dating: The Smart Woman’s Guide to Being Absolutely Irresistible, the highest-rated dating book on for 157 weeks

So happy to get my kindle version late last night. Have not been able to put this important book by Rick Hanson down. Rick has a way to taking complex concepts and the latest research in neuropsychology and synthesizing it into a very available format, easy to integrate into everyday life.

Even better than that are the practical and very clear practices and steps outlined in this book. Highly recommended and interesting. We can make a difference in THIS moment with mood and general outlook on life and not have to rely on medications to bring about such changes. WELL DONE!

I love this book filled with facts about the human brain and ways to think positive resulting in a happier life. My mother always cut out articles on 'how to be happy' so most of the info I already knew but I love having it in one hard book that's easy read ! I highly recommend this book!

At last I've found the key for which I have been looking for so long. Knowing about the neuroscience behind the practice made it credible and a great encouragement to practice the easy steps and really HEAL. I've read many psychological self help books and nothing changed for me. Rick Hanson has written from his own lived experience and researched what neurologically makes his practice work. I predict that this book will be a classic for generations to come.

Did you know that you can actually change the structure of your brain to be more successful and happy in life? The idea was huge for me. This book has a lot to say on the subject. Rewire your brain. Fantastic.

It is a practical, clear and very accessible book that helps you change you brain, change your attitudes & change the quality of your life. It gives the rationale and skills in how to take in positive, nourishing good experiences that produce happiness and well-being. Loved this book. I have been using this book as a guide for a meditation group based on Dr. Rick Hanson's ideas and exercises.

You feel you're on safe ground where the theme of this book is concerned due to the compassionate articulateness of the author. There's literary eating and drinking in it - plenty of both theory and practice. One of the biggest strengths is the unfailing encouragement provided, assuring that gradual change is not just possible but of high probability when attention is paid to beliefs and behaviour so that, little by little, new habits can be laid down, viscerally and mentally. Even trying 'just one thing' of the numerous exercises outlined should make a difference soon. Nice to come across a specialist who can communicate so well that they know what they're talking about.

A brilliantly accessible introduction to otherwise unnegotiably complex paradigm shifting research.

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