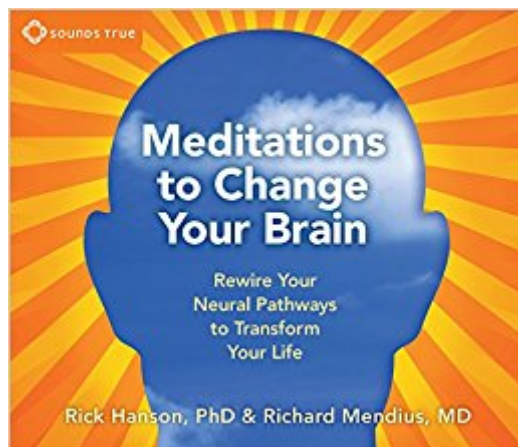




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Meditations To Change Your Brain: Rewire Your Neural Pathways To Transform Your Life



Synopsis

Seven Guided Practices to Rebuild Your Brain for Lasting Joy and Fulfillment The structure of your brain changes constantly in a dynamic, unfolding process that you yourself can help direct to create the life you want. This is the exciting premise of *Meditations to Change Your Brain*, a breakthrough three-CD program from neuropsychologist Rick Hanson, PhD, and neurologist Richard Mendius, MD. Course objectives: Use meditation to rewire the neural pathways in your mind • to change your brain and to change your mind Learn the science behind suffering; how our survival instincts have led to our own suffering and how we can change this Learn several different meditation techniques to promote concentration, let go of painful past experiences, and promote a more positive outlook A scientific overview of the structure of your brain and which areas are responsible for our different skills and emotions Drawing on a vast body of research spanning more than 30 years, Hanson and Mendius show you how to strengthen the neural circuits that generate happiness, love, and inner peace. Join them to explore fascinating insights about your brain and how you can consciously affect it with good results. Then learn seven guided meditations to reshape your brain, including: • “Steadying Your Mind” • to tap the full creative power of your attention • “Taking in the Good” • to maintain a positive emotional landscape • “Antidote to Stress,” • a conscious way to activate your body’s relaxation response • “Healing Painful Experiences” • to free yourself from the charge of negative memories Science has proven what contemplative traditions have taught for centuries: meditation holds a key to a life of balance, peace, and joy. Whether you’re discovering meditation for the first time or looking for a way to deepen an existing practice, with *Meditations to Change Your Brain* you have a full spectrum of techniques to make your brain your greatest ally on the path to personal fulfillment.

Book Information

Audio CD: 3 pages

Publisher: Sounds True (August 1, 2009)

Language: English

ISBN-10: 159179711X

ISBN-13: 978-1591797111

Product Dimensions: 0.5 x 5.2 x 5.8 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 51 customer reviews

Best Sellers Rank: #80,659 in Books (See Top 100 in Books) #16 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #17 in Books > Books on CD > Health, Mind & Body > Meditation #46 in Books > Books on CD > Religion & Spirituality > General

Customer Reviews

Rick Hanson Rick Hanson, PhD, is a psychologist, Senior Fellow of the Greater Good Science Center at UC Berkeley, and a New York Times bestselling author. His books are available in 26 languages and include *Hardwiring Happiness*, *Buddha's Brain*, *Just One Thing*, and *Mother Nurture*. He edits the *Wise Brain Bulletin* and has numerous audio programs. A summa cum laude graduate of UCLA and founder of the Wellspring Institute for Neuroscience and Contemplative Wisdom, he has been an invited speaker at NASA, Oxford, Stanford, Harvard, and other major universities, and taught in meditation centers worldwide. Dr. Hanson has been a trustee of Saybrook University and served on the board of Spirit Rock Meditation Center. His work has been featured on the BBC, CBS, and NPR, and he offers the free *Just One Thing* newsletter with over 115,000 subscribers, plus the online Foundations of Well-Being program in positive neuroplasticity that anyone with financial need can do for free. He enjoys rock-climbing and taking a break from emails. He and his wife have two adult children.

Richard Mendius Richard Mendius, MD, is a neurologist and co-founder of the Wellspring Institute for Neuroscience and Contemplative Wisdom. He trained at UCLA as an epileptologist and neurobehaviorist. He has been on the teaching faculty of UCLA, Oregon Health Sciences University, and Stanford University. His meditation practice began in the 1980s with Shinzen Young and continues at Spirit Rock Meditation Center with Jack Kornfield and Ajahn Amaro. He teaches a weekly meditation class at San Quentin. His daughters, Courtney and Taryn, and his son, Ian, are three of his main teachers and companions on the path.

A GREAT place to start if you are interested in beginning a meditation practice. I love the tracks where they discuss the science behind how/why it works. It made it easy to build this new and difficult but extremely rewarding facet of life into my day.

This 3 disc, 3 1/2 hour, 2009 Sounds True program is encased in a cardboard type tri-fold. It is said to draw on 30 years plus of research by neuropsychologist Rick Hanson and neurologist Richard Mendius. The cover states that it will show you how to strengthen your neural circuits that

generate happiness, love, and inner peace and includes 7 guided meditations to reshape your brain. (OK. I'm in.) Note that the term "guided meditation" just means that someone is verbally guiding you through the meditation by talking to you and making suggestions. There is a lot of really good information here and this is an excellent program, especially for those who want to learn to meditate but also want to be convinced first that it is worth their time commitment. This material provides how and why to meditate from a medical standpoint and can also be useful to seasoned meditators. The doctors also talk about how getting rid of your emotional baggage can help you. I can attest to that. Meditation has helped me bring up and confront some stuff I had buried inside. Once you bring it to the surface, you can begin to deal with it. This is a program that you can work with over and over, and will likely need to repeat to effectuate a positive change. With the exception of the meditation segments on each CD, you can listen to the other/instructional parts in your car, on your way to work. I have listed the times for each track so you can figure out how everything is laid out and what way to listen best suits you.

Disc 1: Using Your Brain to Change Your Mind (total time 71:12)

1. Introduction (0:51)
2. Using Your Mind to Change Your Brain (13:59)

Drawing on a combination Western psychology and neurology and Eastern Buddhism, we explore how to be happier and have less anger and stress, to better understand difficult experiences, and to replace them with better states of mind. Rick begins this segment, followed by Richard. Both speak simply, in easy-to-understand language, and have voices that are pleasant to listen to. Both guys alternate throughout the 3 discs. Instead of getting caught up in all the "stuff" that is going on around us, they talk about how shifting your inner state-of-mind, one bit at a time, can effectuate positive change.

- 3. How Your Mind and Brain Work Together (20:08)

Your conscious mind is dependent upon your nervous system and is primarily dependent on your brain. Something transcendental is necessary for consciousness. This program is based primarily on Western (scientific) medicine. The complex brain is a gift--the extraordinary process of how it works (neurons firing, etc., even when someone is unconscious.) How brainwave patterns change and they change your mind, so you can deliberately effect a positive change in the physical structure of your brain.

- 4. Why Aren't People Happier? (10:32)

Explains how the brain generates suffering and how understanding these processes can allow you to suffer less.

- 5. The Effects of Meditation on Your Brain (15:31)

What scientific studies on meditating Tibetan monks have revealed, what happens in your brain when you meditate, and why. As someone who meditates frequently, I found this segment very interesting in helping me understand certain things about myself. If you listen to only segment 5 in this whole set, I think you will FIND time to meditate.

- 6. Guided Meditation: Appreciating Your Brain (10:06)

DO NOT DO THIS MEDITATION SEGMENT WHILE DRIVING. A bell indicates completion of the meditation. Do not jar

yourself awake, but sit for a minute and then come out of it slowly. (Disc 1, Segments 1 through 5 can be listened to in your car. You may have to listen to this information more than once, because there is a lot of scientific information here.)

Disc 2: Meditations to Change Your Brain (total time 78:47) This disc is about 50 % meditation, so you cannot listen in the car unless you skip over each meditation and just listen to the instructional information, which you could do by track. The meditations are fairly brief, so if you are not good at meditating yet, the shorter ones will probably help you learn to focus better. The better you get at it, the longer you can meditate on your own. You can either stop the tape when you want to continue, or just do your own thing.

1. Introduction (0:40)
2. Taking Good Care of Yourself (4:58)--general information
3. Guided Meditation: Foundational Practices (15:04) How to meditate practice.
4. How You Can Target Specific Changes in Your Brain (5:52) Explaining psychologically what the meditation and the suggestions do in your brain.
5. The Four Steps to Taking in the Good (13:27) You are mainly built up of stored memories of events and emotions. How you can help the brain to register positive experiences and why that is important.
6. Guided Meditation: Taking in the Good (7:32) Practicing positive meditational experiences.
7. Introduction: Antidote to Stress (8:10) What happens to the body in stress and why medically it happens. How to activate the parasympathetic nervous system to compensate and how it medically helps you.
8. Guided Meditation: Antidote to Stress (9:22) How to relax body parts in a combo instructional and meditational experience.
9. Introduction: Healing Painful Experiences (4:52) How you can influence the tone of your memories and shift your reaction to the painful memory.
10. Guided Meditation: Healing Painful Experiences (8:01) Practicing the concept.

Disc 3: Meditations to Change Your Brain II (total time 73:32) This disc is 2 longer meditations and roughly 2 ten minute explanations--not a CD for the car.

1. Introduction: Steadying your Mind (12:41) Voice in your head tends to chatter away on a lot of different subjects and build negative stories, which then causes you to expect negative happenings. Rick explains how attention works in the mind and brain. Steadiness of the mind is a real challenge for some, so you must practice and be patient with yourself.
2. Guided meditation: Steadying Your Mind (28:33) A sampling of meditation methods to focus the mind on one thing.
3. Introduction: Mosaic Meditation (10:00) Each moment of your life is like a mosaic of multi-sensual tiles that form a picture. This segment is about how the tiles are made and how we can rearrange them if we need to make a better picture.
4. Guided Meditation: Mosaic Meditation (22:15) Practicing the concept.

I am sure this is an effective product, but there are a couple of really concerning characteristics. First, less technical jargon and more layman' terms would make it less boring. For example, rather

than giving the names of the parts of the brain, they could say that, " There is a part of the brain that..." Too much like science class when the consumer is looking for help with emotions, etc. Next, and even more limiting, is that if you set the volume so you can hear the intro for each meditation, you can't hear the much softer voice of the meditation. If you set the volume for the meditation, then when it finishes, the next intro booms in! That said, I think the gist of the material presented is pretty darn helpful.

After almost 30 years as a practicing and teaching psychologist, I'm a bit snobby when it comes to new (to me), New-Agey, or "spiritual" stuff, especially if it is becoming increasingly popular. This set of CDs is just the thing for me: nice guided meditations for the just-past-beginner, plus decent neuroscience research well-explained, minus snake-oil hype. I dumped all tracks into iTunes, so I could listen anywhere on my iPhone. Only problem: tracks are poorly labeled, so that finding my way around amongst guided meditations and lectures is unnecessarily tedious and irritating.

This guy's voice doesn't do it for me. He bugs me so it's distracting. The meditation is good so it might hit the mark for other people

All in all, a very good narrative, and quite functional medium for mindful meditation. I enjoy the periods of meditation, that, give me the ease in every day living.

My favorite book on this topic. Well written and well supported by current research.

Great book about making your brain work better!

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Rewire Your Brain, Rewire Your Life: A Handbook for Stroke Survivors & Their Caregivers
Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain)
Meditations for Happiness: Rewire Your Brain for Lasting Contentment and Peace
Rewire: Change Your Brain to Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior
Principles of Neural Science, Fifth Edition (Principles of Neural Science (Kandel))
Neural Networks for Beginners: An Easy-to-Use Manual for Understanding Artificial Neural Network Programming
Rewire Your Brain: Think Your Way to a Better Life
NLP 2.0 - The Ultimate Guide to Neuro

Linguistic Programming: How to Rewire Your Brain to Create the Life You Want and Become the Person You Were Meant to Be Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted Pathways 4: Listening, Speaking, & Critical Thinking (Pathways: Listening, Speaking, & Critical Thinking) F. G. A. Stone: Leaving No Stone Unturned: Pathways in Organometallic Chemistry (Profiles, Pathways, and Dreams) Pathways to Illness, Pathways to Health Rewire Your Anxious Brain: How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry Rewire Your Brain: 300 Affirmations for Positive Thinking Anxiety: Rewire Your Brain to Overcome Anxiety, Stop Panic Attacks and Relieve Stress (Mindfulness Book 2) Anxiety: Rewire Your Brain Using Neuroscience to Beat Anxiety, Fear, Worry, Shyness and Panic Attacks Conversations With Neil's Brain: The Neural Nature Of Thought And Language Anatomy and Physiology Study Guide: Key Review Questions and Answers with Explanations (Volume 3: Nerve Tissue, Spinal Nerves & Spinal Cord, Cranial Nerves & Brain, Neural Integrative, Motor & Sensory Systems, Autonomic Nervous System, Special Senses) Toward Replacement Parts for the Brain: Implantable Biomimetic Electronics as Neural Prostheses (MIT Press)

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