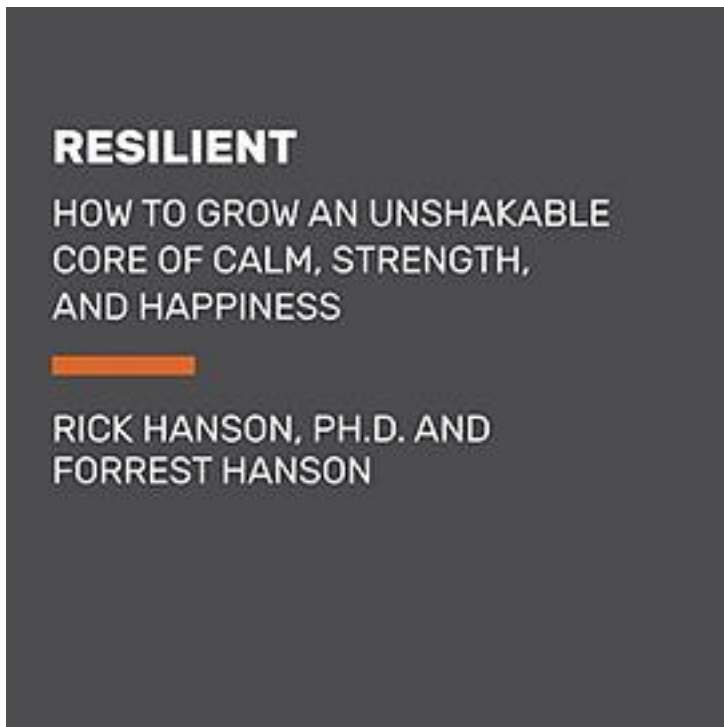


Resilient



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著者:Rick Hanson Ph.D

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These days it’s hard to count on the world outside. So it’s vital to grow strengths inside like grit, gratitude, and compassion—the key to resilience, and to lasting well-being in a changing world.

True resilience is much more than enduring terrible conditions. We need resilience every day to raise a family, work at a job, cope with stress, deal with health problems, navigate issues with others, heal from old pain, and simply keep on going.

With his trademark blend of neuroscience, mindfulness, and positive psychology, New

York Times bestselling author Dr. Rick Hanson shows you how to develop twelve vital inner strengths hardwired into your own nervous system. Then no matter what life throws at you, you'll be able to feel less stressed, pursue opportunities with confidence, and stay calm and centered in the face of adversity.

This practical guide is full of concrete suggestions, experiential practices, personal examples, and insights into the brain. It includes effective ways to interact with others and to repair and deepen important relationships.

Warm, encouraging, and down-to-earth, Dr. Hanson's step-by-step approach is grounded in the science of positive neuroplasticity. He explains how to overcome the brain's negativity bias, release painful thoughts and feelings, and replace them with self-compassion, self-worth, joy, and inner peace.

作者介绍:

Rick Hanson, Ph.D., is a psychologist, Senior Fellow of the Greater Good Science Center at UC Berkeley, and New York Times best-selling author. His books are available in 26 languages and include *Resilient*, *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's been an invited speaker at NASA, Oxford, Stanford, Harvard, and other major universities, and taught in meditation centers worldwide. His work has been featured on the BBC, CBS, and NPR, and he offers the free *Just One Thing* newsletter with over 120,000 subscribers, plus the online Foundations of Well-Being program in positive neuroplasticity that anyone with financial need can do for free.

Forrest Hanson is a writer and business consultant. He edits *Eusophi*, a website dedicated to sharing high-quality content from experts in the fields of happiness, health, wealth, and wisdom. A UC Berkeley graduate, he lives in the San Francisco Bay Area and pursues dancing as a serious hobby.

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标签

认知

心理学

脑科学

自我提升

评论

Very good book. The author break every mental resource down to the bone and shows inter-connection among them.

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书评

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