

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

Rick Hanson PhD - pdf download free book



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Author: Rick Hanson PhD

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Description:

Review

“These are great practices—wise and straightforward, scientific and nourishing. They can transform your life.”

—Jack Kornfield, PhD, author of *The Wise Heart* and *A Path with Heart*

“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.”

—Marci Shimoff, author of *Happy for No Reason*

“Most people want to be happier, healthier, less stressed, and more self-accepting, but it’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.”

—Kristin Neff, PhD, associate professor at the University of Texas at Austin and author of *Self-Compassion*

“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.”

—Ronald D. Siegel, PsyD, assistant clinical professor of psychology at Harvard Medical School and author of *The Mindfulness Solution*

“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.”

—Tara Brach, PhD, author of *Radical Happiness*

“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.”

—Christopher K. Germer, PhD, clinical instructor at Harvard Medical School and author of *The Mindful Path to Self-Compassion*

“This gem of a book is the perfect follow-up to Rick Hanson’s brilliant *Buddha’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 companion—never far out of reach.”

—Toni Bernhard, author of *How to Be Sick: A Buddhist-Inspired Guide for the Chronically Ill and their Caregivers*

“Is it improper to be begged by someone you don’t know to buy a book? Then call me improper because I am begging you to give yourself the miracle of Rick Hanson’s grounded science and earthy spirituality. Keep this book close by while giving copies to everyone you love.”

—Jennifer Loudon, author of *The Woman's Comfort Book* and *The Life Organizer*

“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, you’ll surely increase your happiness and awaken your joy!”

—James Baraz, author of *Awakening Joy*

From the Publisher

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.

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