

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



VOICEAMERICA BUSINESS



Leading Conversations with Cheryl Esposito

AlexsaConsulting.com
LEADERSHIP MATTERS



Leading Conversations

Friday at 10 AM Pacific

April 26th 2013: Change your Mind to Change Your Brain

Cheryl Esposito welcomes Rick Hanson, Ph.D., a neuropsychologist and author of Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom and Just One Thing: Developing a Buddha Brain One Simple Practice at a Time. An interpretation of the word "buddha" is one who knows how to be truly happy and effective. With the new breakthroughs in neuroscience, combined with insights from thousands of years of contemplative practice, you can shape your own brain for greater happiness, love, and wisdom. Simple actions inside your mind can light up neural networks of deep well-being and re

[Read more](#)



DOWNLOAD PDF



GET CODE

Tune in

Friday at 10 AM Pacific Time
on VoiceAmerica Business
Channel

[LISTEN LIVE](#)

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

Questions? Comments?
Call In Live! Call-In
Toll Free: 1-866-472-5790
Intl: 001-480-398-3352

Featured Guest



Rick Hanson, Ph.D.

Rick Hanson, Ph.D., is a neuropsychologist, a Senior Fellow of the Greater Good Science Center at UC Berkeley, and a New York Times best-selling author.

[Read more](#)

Share This Episode



Share On Facebook



Share On Twitter



Share On LinkedIn

Connect with VoiceAmerica

Download our mobile apps



AlexsaConsulting.com
LEADERSHIP MATTERS

