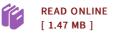




Rewire Your Brain for Love: Creating Vibrant Relationships Using the Science of Mindfulness (Hardback)

By Marsha Lucas

Hay House Inc, United States, 2012. Hardback. Condition: New. Language: English . Brand New Book. On the way to finding and creating vibrant, successful relationships, too many of us end up tangled in the same old patterns, tripped up by relationship habits that get in our way whether we know better or not. In Rewire Your Brain for Love, neuropsychologist and psychotherapist Marsha Lucas, PhD, helps you untangle those relationship snarls, bringing together the latest neuroscience with a practice consistently heralded by top academic institutions for its effectiveness in changing the brain: the practice of mindfulness meditation. Dr. Lucas s clear, unintimidating, often laugh-outloud style invites you to explore how the brain functions in relationships, helping you understand how your current relationship wiring developed and showing you how you can rewire your relationship brain through mindfulness meditation. A down-to-earth therapist and self-described neuroscience geek, Dr. Lucas has written a chapter-by-chapter guide with compassion, wisdom, and humor. In Rewire Your Brain for Love, she takes you on a journey through seven high-voltage relationship benefits--everything from keeping your fear from running the show to cultivating healthy, balanced empathy--and offers specific mindfulness practices to help bring those benefits into your life. With a...



Reviews

The most effective book i ever read. I really could comprehended almost everything out of this published e ebook. You wont truly feel monotony at at any time of your respective time (that's what catalogs are for regarding should you ask me). -- Rusty Kerluke

It in just one of the most popular ebook. It usually fails to price an excessive amount of. You will not really feel monotony at at any moment of your time (that's what catalogues are for about when you check with me). -- Matteo Torp

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