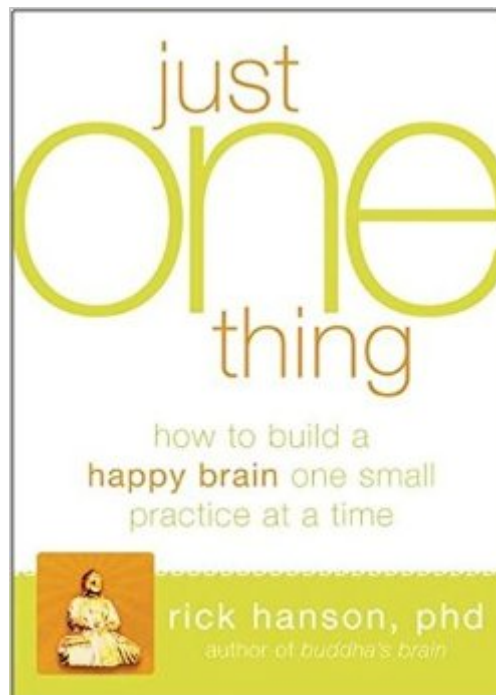


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# Just One Thing: Developing A Buddha Brain One Simple Practice At A Time



## Synopsis

You've heard the expression, "It's the little things that count." It's more than a simple platitude. Research has shown that integrating little daily practices into your life can actually change the way your brain works. This guide offers simple things you can do routinely, mainly inside your mind, that will support and increase your sense of security and worth, resilience, effectiveness, well-being, insight, and inner peace. For example, they include: taking in the good, protecting your brain, feeling safer, relaxing anxiety about imperfection, not knowing, enjoying your hands, taking refuge, and filling the hole in your heart. At first glance, you may be tempted to underestimate the power of these seemingly simple practices. But they will gradually change your brain through what's called experience-dependent neuroplasticity. Moment to moment, whatever you're aware of—sounds, sensations, thoughts, or your most heartfelt longings—is based on underlying neural activities. This book offers simple brain training practices you can do every day to protect against stress, lift your mood, and find greater emotional resilience. Just one practice each day can help you to: Be good to yourself Enjoy life as it is Build on your strengths Be more effective at home and work Make peace with your emotions With over fifty daily practices you can use anytime, anywhere, *Just One Thing* is a groundbreaking combination of mindfulness meditation and neuroscience that can help you deepen your sense of well-being and unconditional happiness.

## Book Information

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## Customer Reviews

I've been reading Rick's newsletters for years now, in which he first presented many of the ideas and practices that have been further developed and beautifully set forth in this book. I've read

hundreds of self-help and "spiritual" books over decades without ever having felt obliged to write a review of even the really good ones, but this book is truly special. First of all, the author deeply knows whereof he speaks. That is the actual neuroscience of how to rewire one's brain--and therefore one's life experience--to attain much greater happiness, true well-being, peace with one's past, compassion for oneself and empathy for others--and therefore automatically making the world a better place. There's no filler here, only the real stuff that matters. This book is like having a true friend who has walked the walk, and who really cares about you, right by your side. A great gift to give yourself and anyone else!

In *Just One Thing*, neuropsychologist and meditation teacher Rick Hanson presents you with 52 simple practices for changing your brain, and changing the way you live your life. His focus is on cultivating what is positive, but this is not just some "feel good" collection of helpful hints -- there is real substance here, pared down to what is essential for building on your strengths, becoming more resilient, and coming to peace with your emotions. I enjoy referring my patients as well as my friends to Rick's work -- his work is warm, engaging, and well-informed by his training in the brain-behavior relationship.

I ordered this book about a week ago to help with some severe anxiety( as a result I've been having some uncomfortable health related side effects). I'm honestly no more than 29 pages in and feel as if its helping.I have coupled the exercises in this book with a new daily yoga regime, and already I'm finding myself more at ease, more accepting of myself, and more patient with my kids. Its really helping.The simplicity of this book is key. We're not aiming for enlightenment here, just peace of mind and a state of physical and mental calm...no lofty goals, just a sense that things are okay.Most exercises (so far) involve gently rethinking things, and letting oneself feel the positive moments in life. The writing is based on neuropsychological research, which means the aim is to really reshape the pathways of the your brain...making permanent long term change.This book is a valuable tool for anyone who is anxiety prone, prone to depression, or just prone negative self talk. This is one I will always carry with me. Wonderful, simple stuff! My thanks to the author!!

Dr. Rick Hanson first established himself as a pioneer in contemplative sciences with his previous book, *Buddha's Brain*. As he states on his website, "Jesus, Moses, the Buddha, and other great teachers were all born with a brain built essentially like anyone else's. Then they used their minds to change their brains in ways that changed history." Seeking to explore, educate, & inspire ordinary

humans that they too, can achieve greatness, Buddha's Brain was born. Buddha's Brain became wildly successful in the Western world, employing endorsements amongst psychologists, meditation teachers, scientists & scholars alike; it is now enjoying success worldwide, as it is now published in 20 different languages. As a follow up, Dr. Hanson has now published Just One Thing: Developing a Buddha Brain One Simple Practice at a Time. Just One Thing is a crowning jewel amongst contemplative science works. Building off of the great teachers- Jesus, Moses, the Buddha- the book offers tiny tidbits of knowledge that can lead to big changes in the brain; changes Dr. Hanson calls a "buddha's brain". Despite what many associate with the label (religion), a "buddha's brain" is for anyone who wants to be truly happy and effective, including those who appreciate the more secular applications of science. In fact, the book steers clear of discussing religion, and instead discusses methods for seeing reality. Dr. Hanson begins by educating the reader on our brain's "negativity bias"; that in fact our brains are wired to place more importance on negative news than positive news. For folks who automatically took this to be bad news, fear not. We can change the brain's bad news bias, by simply choosing to see the good on a regular basis. Dr. H explains how whether we realize it or not, our minds are always changing, for better or for worse. Once we have an awareness of this, we can dedicate time to ensuring that any changes that occur are for the better, by making conscious decisions. The book offers over 50 simple, easy to understand (and employ!) brain training practices that allow you to become a more fully conscious individual. Each practice stems from ancestral wisdom and is supported by a plethora of research into positive psychology and modern neuroscience. By taking a few moments a day to implement these simple tools into your daily life, you can reduce stress, increase your emotional resilience, have healthier relationships, and find your center in wellness & unconditional happiness.

Just One Thing is a fantastic resource! I am a psychotherapist and author specializing in eating problems - I help people break the diet/binge cycle and become attuned eaters. The 52 easy-to-read strategies offered in Rick's book - such as take in the good, have compassion for yourself and relax anxiety about imperfection - are the "perfect" practices for my clients who are looking for ways to calm their anxiety without using food. I will also be keeping this book on my own nightstand! While I already practice meditation daily, the wisdom in these pages are gentle reminders about how to live life more fully and joyfully. I'm a big fan of Buddha's Brain, and Just One Thing is a wonderful complement - thank you, Rick!

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