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Training the Brain: Cultivating Emotional Skills (Wired to Connect: Dialogues on Social Intelligence Book 2)

Richard Davidson, Daniel Goleman

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Training the Brain: Cultivating Emotional Skills (Wired to Connect: Dialogues on Social Intelligence Book 2) Richard Davidson, Daniel Goleman
The neurological foundation of emotional intelligence

Understand the brain systems involved in: self-awareness, motivation, and emotional recovery

Learn how childhood experience directs gene expression and neural development

The brain can be trained for a happier, less stressful life

Brains are highly variable, changing systems that shift in response to our experience. Contemplative neuroscience proves that we have the power to guide our brain's ongoing development – to cultivate happiness and compassion. In this accessible dialogue, Goleman and Davidson explain the science behind our emotions. Detailing the neurological effects of contemplation, they show how we can activate our brains to recover from stress and anxiety, and conquer fear. Goleman and Davidson offer a new vision for emotional education at any age.

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