



# The Neuroscience of Change: A Compassion-Based Program for Personal Transformation

By Kelly McGonigal

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If anything were possible, what would you like to see in your life? How would you like to grow? And what's stopping you? In *The Neuroscience of Change*, Dr. Kelly McGonigal weaves the newest findings of science with Eastern contemplative wisdom to give listeners a revolutionary process for personal transformation. Six sessions provide breakthrough ideas supported by clinical research, guided practices, and real-world exercises for making self-awareness and compassion the basis for meaningful change, choosing deep "wantpower" instead of brute willpower, dealing with setbacks and the inner critic, and more.

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- Sales Rank: #628563 in Books
- Brand: Brand: Sounds True
- Published on: 2012-04-28
- Number of discs: 6
- Format: Audiobook
- Original language: English
- Number of items: 6
- Dimensions: 6.00" h x 1.00" w x 6.88" l, .60 pounds
- Running time: 23100 seconds
- Binding: Audio CD

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### Editorial Review

#### Review

"Kelly McGonigal is a leader driven by compassion and pragmatism."

- **Forbes.com** 20 Inspiring Women

On *The Neuroscience of Change*, psychologist and award-winning Stanford lecturer Kelly McGonigal presents six sessions of breakthrough ideas, guided practices, and real-world exercises for making self-awareness and kindness the basis for meaningful transformation.

#### About the Author

Kelly McGonigal, PhD, is a health psychologist and lecturer at Stanford University. She is a senior teacher for the Stanford Center for Compassion and Altruism Research and Education, and teaches yoga and meditation in the San Francisco Bay Area. She is the author of two books, the best-selling "The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It" and the award-winning "Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Pain."  
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