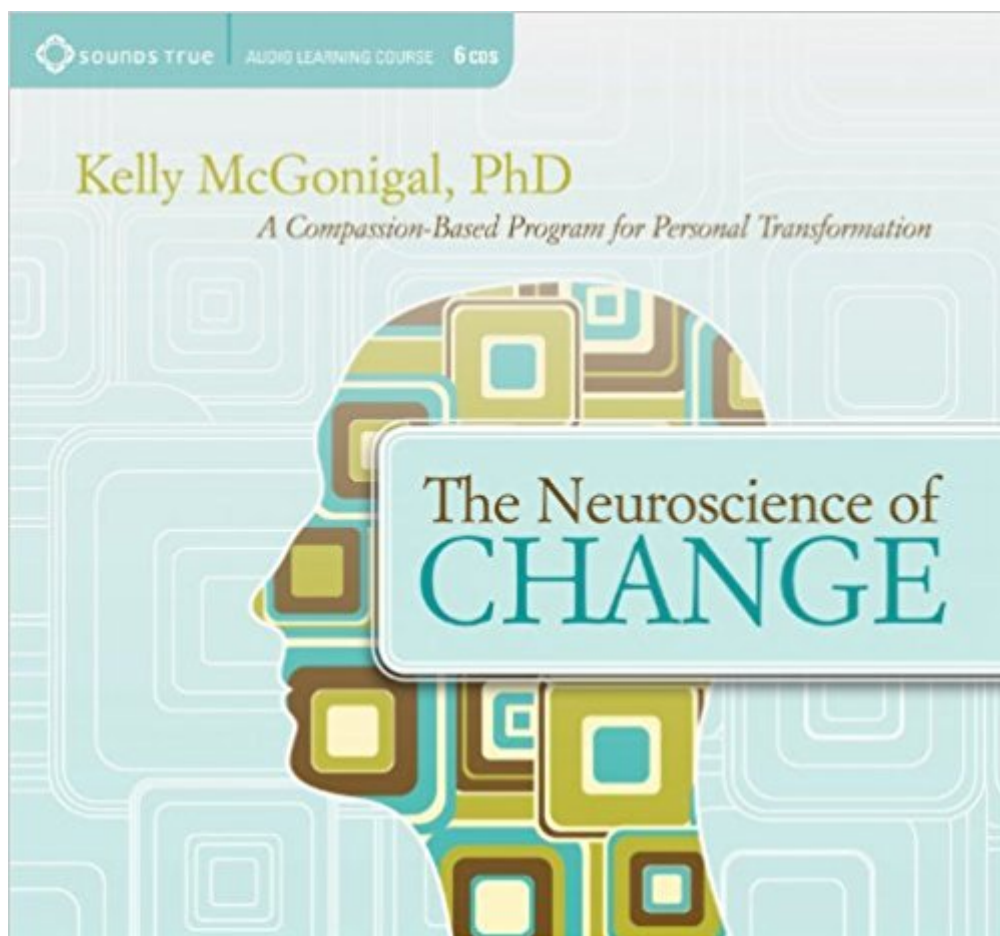




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# The Neuroscience Of Change: A Compassion-Based Program For Personal Transformation



## Synopsis

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.

## Book Information

Audio CD

Publisher: Sounds True (April 28, 2012)

Language: English

ISBN-10: 1604077905

ISBN-13: 978-1604077902

Product Dimensions: 6.9 x 1 x 6 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 26 customer reviews

Best Sellers Rank: #632,463 in Books (See Top 100 in Books) #155 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #161 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #587 in [Books > Books on CD > Health, Mind & Body > Self Help](#)

## Customer Reviews

"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.

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."](#) [kellymcgonigal.com](http://kellymcgonigal.com)

I purchased this course only after having read McGonigal's book "The Willpower Instinct". I was hungering for clues on how to make lasting changes in my own life, and decided that this person could be learned from. I'm re-reading TWI and going through TNOC simultaneously, and in a relatively mindful way. The book and the CDs seem to mesh well at two chapters per CD. NOTE: They are not the same material at all, but there is a wonderful interleaving between the techniques described in TWI and the philosophy that permeates TNOC. Thank you for reading, and thank you, Prof. McGonigal, for writing.

Worth the price of the entire set just to hear her explain the default state on disc 2. (Lots to be amazed at on the other discs, too!)

Thank you, Kelly McGonigal. These lectures and meditations have changed my life, made it better. The short guided meditations at the end of each lecture are kind and easy and I continue to come back to them when life gets challenging. They are always the right thing to do.

Amazing AMAZING cd. I recommend this to anyone and everyone. I love how Kelly McGonigal incorporates science and neurology into the practice of mindfulness and making lasting changes. I am on my third round of listening to this cd. Even her voice is soothing and easy to listen to, which makes it a pleasant and stress free ride to work in the morning. I HIGHLY recommend this cd to anybody looking to commit to any kind of positive life change, whether small or large. I cannot speak highly enough of this cd!!!! If she has more CDs I will without a doubt be purchasing them.

I rarely rate ANYthing 5 stars, because in my view, there's almost always room for improvement. So, this reflects an exceptional product. I am listening over and over and over again to try to get it to sink in to my old brain and heart and soul. Worth every penny of the investment. If you have tried to change in the past, and who hasn't, this will help you understand why you likely failed to stick with the original goal, and how you can use the power of the brain's habit development mechanism to make change stick. It also helps lots with how to be compassionate with yourself when you fall short of expectations. There's so much more, but if I get going, I'll summarize every CD of the program. If you are even remotely thinking about this, do yourself a huge favor, and just BUY it...then use it.

I listen to this when I need to calm down. It's relaxing and educational at the same time.

Excellent excellent. Combines ancient Eastern "wisdom traditions" with modern findings in psychology and neuroscience. Dr McGonigal's voice is perfect and engaging. Nothing to scare away religion-phobes or adherents to any particular religion. The material is irrefutable and fascinating and 100% unobjectionable to any kind of religious fundamentalist. This CD set can change your life for the better.

For anyone looking to understand why and what your inner dialogue is doing. We all do it, but understanding the way that inner dialogue you have works gives you and immense others simply cant phathom.

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