



The Workings of Our Minds and Hearts (Paperback)

By Dr Francis Kung

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This is an illuminating introduction to the new domain of the science of our minds and hearts. This work covers and connects insights from seldom-bridged fields that span from neurobiology, neuroscience, psychotherapy, belief systems, philosophy of life and wisdom. Dr Kung draws the connections between the different fields and provides a coherent framework that demystifies the workings of our minds and hearts. Together with his own life experiences, Dr Kung includes heart-warming and gripping stories that inspire us to choose to develop ourselves and go against our biological best interest and become deep. Drawing on findings from neuroscientific experiments, Dr Kung summarizes the implications regarding how we can improve our lives through rewiring parts of our brains. We can learn to stay calm, improve our relationships, heal our past through forgiveness, and weaken our bad habits. We can also make our lives richer by recruiting new nerve connections to surpass nature, and fight against the natural evolutionary predispositions of our selfishness. We acquire depth through showing compassion and unconditional love in our relationships with others. Letting go of our ego,...



READ ONLINE
[6.49 MB]

Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication i actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. Its been written in an exceptionally simple way in fact it is just right after i finished reading this ebook where actually transformed me, alter the way i really believe.

-- Dr. Celestino Spinka III