

Neuroscience, mindset, and your neuroplastic brain

We have learned so much about the brain in recent years—how it perceives, how it learns, how it changes. These books are fascinating and encouraging.

Lisa Feldman Barrett, *How Emotions are Made: The Secret Life of the Brain*. (Boston: Houghton Mifflin Harcourt, 2017). This book really made me think. She also describes a hilarious food tasting experience she tried with her daughter. If you look her up online, she's been interviewed on many podcasts. My favorite is with [Ezra Klein on Vox](#).

David B. Eagleman, *Livewired: The Inside Story of the Ever-Changing Brain* (New York: Pantheon, 2020). We're just beginning to grasp the possibilities...

Rick Hanson, Ph.D , *Buddha's Brain* (Oakland: New Harbinger Publications, 2009). Hanson has written extensively about the neuroplasticity of the brain and how it can be shaped through mindfulness, since your brain learns mainly from what you attend to. A useful perspective.

Carol Dweck, *Mindset: Changing the Way You Think to Fulfill Your Potential* (2017).

Affirmations. Shakti Gawain, *Creative Visualization: Use the Power of Your Imagination to Create What You Want in Your Life* (Novato: New World Library, 2016). Although this book has been out since 1978 her message is still relevant; most books about the “law of attraction” are based on Gawain's work.