

## Public Lecture in San Diego



# Taking in the Good: Helping Children Build Inner Strength and Happiness



### Rick Hanson, Ph.D.

Noted Neuropsychologist and Author of *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom* and *Just One Thing: Developing a Buddha Brain One Simple Practice at a Time*

Friday, February 3, 2012 ♦ 7:00-9:00 pm

### Bridging the Hearts & Minds of Youth:

February 4-5, 2012  
San Diego, CA

Mindfulness in  
Clinical Practice,  
Education and  
Research

Register Today!

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more information.



Scientists believe the brain evolved a “negativity bias” that makes it like Velcro for negative experiences but Teflon for positive ones. This helped our ancestors survive, but it’s bad for children (and parents) today - leading them to overreact, hold onto hurts and resentments, and have a harder time developing inner resources. To address this challenge, this presentation will use practical neuroscience to show how to weave positive experiences into the fabric of the brain and the self - including how to pair a positive experience with a negative one to heal old pain.

For more information about Dr. Hanson and his work in psychology, brain science and the contemplative traditions, peruse his website at [www.rickhanson.net](http://www.rickhanson.net)

Tickets are \$15 and are available by registering online at <http://cme.ucsd.edu/bridging/>

Dr. Hanson will be one of the keynote speakers at *Bridging the Hearts & Minds of Youth: Mindfulness in Clinical Practice, Education and Research*, a conference in San Diego on February 4 and 5, 2012. A number of internationally recognized thought leaders in the area of mindfulness and youth will be presenting at this inaugural conference co-organized by the UCSD Center for Mindfulness and Stressed Teens.



### Location:

UC San Diego Medical Center  
Hillcrest Auditorium  
200 West Arbor Drive  
San Diego 92103

For Information & Registration: <http://cme.ucsd.edu/bridging/>

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