

Hardwiring Happiness: The New Brain Science Of Contentment, Calm, And Confidence By Rick Hanson

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Dr. Rick Hanson. Dr. Rick Hanson returns to speak with us about his new book, Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence.

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Rick Hanson, Ph.D., is a psychologist and author of Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence (from Random House in October

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