



## CHANGE YOUR BRAIN, CHANGE YOUR LIFE.

The Foundations of Well-Being program uses the science of positive neuroplasticity to hardwire more **happiness into your life.**

### The 12 Pillars of the Path of Well-Being

<https://fwb.rickhanson.net/affiliate/4474>

Rick Hanson, Ph.D. built the approach in the Foundations of Well-Being program by applying the four sources of well-being—Recognizing, Resourcing, Regulating, and Relating—to our three fundamental needs—Safety, Satisfaction, and Connection—thus creating the 12 Pillars of Well-Being. One after the other, this program develops twelve key strengths inside your brain so you can get the most out of your life:

	RECOGNIZING	RESOURCING	REGULATING	RELATING
SAFETY	SELF-CARING	VITALITY	CALM	COURAGE
SATISFACTION	MINDFULNESS	GRATITUDE	MOTIVATION	ASPIRATION
CONNECTION	LEARNING	CONFIDENCE	INTIMACY	SERVICE

This guided, step-by-step program is taught by Rick and uses science-based methods to hardwire lasting happiness into your brain and your life. In just an hour a week, you will be turning everyday experiences into a deep sense of contentment, love, and peace by using the power of positive neuroplasticity.

Step-by-step, Rick will help you grow the 12 Pillars of Well-Being—the foundation of steady resilience, confidence, and compassion for yourself and others.

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Rick is a Senior Fellow of the Greater Good Science Center at UC Berkeley, and invited speaker at Oxford, Harvard, and Stanford universities. He's also the *New York Times* bestselling author of *Buddha's Brain*, *Hardwiring Happiness*, *Just One Thing*, and *Mother Nurture*, a neuropsychologist, meditation teacher, and very down-to-earth, practical, and warm-hearted guy.

It's simple and easy, with short videos that explain the how of happiness, guide you into self-nourishing experiences, creatively tap all parts of your brain, and inspire you with guest experts like **Tara Brach**, **Jack Kornfield**, and **Gretchen Rubin**. You also get revealing personality quizzes, vibrant community forums, the science behind the program, special interest areas (e.g., children, addiction) - and a **money-back guarantee**.

Also, psychotherapists, social workers, and nurses can receive 24 continuing education credits for just \$50.

You really can change your brain for the better, and in the Foundations of Well-Being program, it's straight-forward, fascinating, and fun.

Start feeling less stressed or worried, become more mindful and grateful, free yourself from past painful experiences, and experience more pleasure and joy in daily life.

**To sign-up for this online, on-demand course:**

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