



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 Foundations of Well-Being Program

An online, on-demand course:

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

Rick Hanson, Ph.D., a neuropsychologist, Senior Fellow of the Greater Good Science Center at UC Berkeley, and invited speaker at Oxford, Harvard, and Stanford universities, 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.

The 12 Pillars of Well-Being are the foundation of steady resilience, confidence, and compassion for yourself and others.

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The program is 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**.

Rick also is 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.

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

It costs just \$39/month—about \$1 a day. Also, psychotherapists, social workers, and nurses can receive 24 continuing education credits for just \$50.

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

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