

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

By Rick Hanson

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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

<http://www.pesi.com/ECommerce/ItemDetails.aspx?ResourceCode=SAM046310>

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