

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

By Rick Hanson

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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<http://www.theatlantic.com/health/archive/2013/10/how-to-build-a-happier-brain/280752/>

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<http://www.rickhanson.net/>

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<http://www.artofmanliness.com/2015/01/09/art-of-manliness-podcast-96-hardwiring-for-happiness-with-dr-rick-hanson/>

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How the brain takes criticism. CBS News Shares Tweets Hanson, author of "Hardwiring Happiness: The New Brain Science of Contentment,

<http://www.cbsnews.com/news/how-the-brain-takes-criticism/>

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<http://www.rickhanson.net/writings/books/hardwiring-happiness/>

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.  
<http://secularbuddhism.org/2014/01/18/episode-191-dr-rick-hanson-hardwiring-happiness/>

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