



The Neuroscience of Change: A Compassion-Based Program for Personal Transformation

By Kelly McGonigal

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What's your most important goal? Why does it matter so deeply? How will you overcome the obstacles? Answer these questions with sincerity, proceed with mindfulness and compassion, and you have just set in motion a revolutionary method for personal change that is supported by both the latest science and traditional wisdom.

On *The Neuroscience of Change*, psychologist and award-winning Stanford lecturer Kelly McGonigal presents six sessions of breakthrough ideas, guided practices, and real-world exercises for making self-awareness and kindness the basis for meaningful transformation.

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