



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

By Kelly McGonigal

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Review

"Kelly McGonigal is a leader driven by compassion and pragmatism."

- **Forbes.com** 20 Inspiring Women

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.

About the Author

Kelly McGonigal, PhD, is a health psychologist and lecturer at Stanford University. She is a senior teacher for the Stanford Center for Compassion and Altruism Research and Education, and teaches yoga and meditation in the San Francisco Bay Area. She is the author of two books, the best-selling "The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It" and the award-winning "Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Pain."

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