INTO THE MAGIC SHOP: A NEUROSURGEON'S QUEST TO DISCOVER THE MYSTERIES OF THE BRAIN AND THE SECRETS OF THE HEART by James R. Doty book PDF Download

Into the Magic Shop: A Neurosurgeon's Quest to Discover the Mysteries of the Brain and the Secrets of the Heart Extraordinary things happen when we harness the power of both the brain and the heart Growing up in the high desert of California, Jim Doty was poor, with an alcoholic father and a mother chronically depressed and paralyzed by a stroke. Today he is the director of the Center for Compassion and Altru Extraordinary things happen when we harness the power of both the brain and the heart Growing up in the high desert of California, Jim Doty was poor, with an alcoholic father and a mother chronically depressed and paralyzed by a stroke. Today he is the director of the Center for Compassion and Altruism Research and Education (CCARE) at Stanford University, of which the Dalai Lama is a founding benefactor. But back then his life was at a dead end until at twelve he wandered into a magic shop looking for a plastic thumb. Instead he met Ruth, a woman who taught him a series of exercises to ease his own suffering and manifest his greatest desires. Her final mandate was that he keep his heart open and teach these techniques to others. She gave him his first glimpse of the unique relationship between the brain and the heart. Doty would go on to put Ruthâ€™s practices to work with extraordinary resultsâ€”power and wealth that he could only imagine as a twelve-year-old, riding his orange Sting-Ray bike. But he neglects Ruthâ€™s most important lesson, to keep his heart open, with disastrous resultsâ€”until he has the opportunity to make a spectacular charitable contribution that will virtually ruin him. Part memoir, part science, part inspiration, and part practical instruction, Into the Magic Shop shows us how we can fundamentally change our lives by first changing our brains and our hearts. ...more Into the Magic Shop: A Neurosurgeon's Quest to Discover the Mysteries of the Brain and the Secrets of the Heart PDF ebook

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