

Book Review

Hardwiring happiness: The practical science of reshaping your brain and your life

Hanson, R. (2013) Harmony.

We have become more accessible with the increased use of communication technologies. Some days, it feels as if I have become the dog who keeps chasing its tail. I hardly take the time to embrace the good that happened during the day or struggle to find the time to take notice or connect.

Rick Hanson's book helps to build resilience and wellbeing and become mindful of what is going right instead of the wrong. He offers a scientific explanation and easy steps to rewiring our brain which still responds to basic surviving skills: fight or flight.

It provides the psychology as well as the emotional explanation of how the brain works. It gave me a better understanding of the basic three needs of the human response; challenge the basic assumption of ourselves. It requires active participation while reading the book to make a tangible change.

As someone who has experienced depression for years, learning to take in the good doesn't seem to come in naturally. The book, however, has given me a reason to take the deliberate steps in taking the time to think about the good and take it in.

Reviewed by Ivan Yeo, Information Officer at the Mental Health Foundation.

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