

## **RICHARD DAVIDSON THE EMOTIONAL LIFE OF YOUR BRAIN**



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### **Richard Davidson Wikipedia**

His most recent book, "Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body," was co-authored with friend and colleague Daniel Goleman and released in September 2017. He has written a New York Times bestseller (with Sharon Begley) titled The Emotional Life of Your Brain , published by Penguin in March 2012.

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