

***Buddhas Brain The Practical Neuroscience Of Happiness Love  
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Book Summary – Buddha's Brain: The Practical Neuroscience Of Happiness, Love & Wisdom. We all suffer from feelings of frustration, stress, hurt, loneliness etc. In Buddhism, suffering is said to come from 3 poisons: greed (chasing after rewards), hatred (avoiding threats) and delusion (of how things really are).

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