

## CONTENTS

	Foreword by the Dalai Lama	vii
	Preface by Daniel Goleman	xi
	Acknowledgments	xv
CHAPTER 1 /	Can We Change? <i>Challenging the Dogma of the Hardwired Brain</i>	3
CHAPTER 2 /	The Enchanted Loom <i>The Discovery of Neuroplasticity</i>	26
CHAPTER 3 /	New Neurons for Old Brains <i>Neurogenesis</i>	49
CHAPTER 4 /	A Child Shall Lead Them <i>The Neuroplasticity of Young Brains</i>	73
CHAPTER 5 /	Footprints on the Brain <i>Sensory Experience Reshapes Adult Brains</i>	110
CHAPTER 6 /	Mind over Matter <i>Mental Activity Changes the Brain</i>	131

CHAPTER 7 /	Nature through Nurture <i>Turning On Genes in the Brain</i>	161
CHAPTER 8 /	Blaming Mom? <i>Rewired for Compassion</i>	183
CHAPTER 9 /	Transforming the Emotional Mind <i>Challenging the Happiness "Set Point"</i>	212
CHAPTER 10 /	Now What?	243
	Appendix	255
	Notes	263
	Index	277