

The Science of a Meaningful Life: Taking in the Good

A Day-long Seminar with Rick Hanson, Ph.D. and Lee Lipsenthal, M.D.



Want to make good feelings last?

Dr. Rick Hanson, best-selling author and neuropsychologist, will provide an in-depth discussion of his four steps for “taking in the good,” which can improve our mood and coping skills and help us bounce back from painful experiences. Joining him, **Dr. Lee Lipsenthal**, internist and wellness physician, will explore the neurophysiology of shifting emotions away from worry and towards gratitude. Together, they will present research-based strategies for boosting positive experiences and living each day fully.

When: Saturday, October 15, 2011, 9:00 a.m. – 5:00 p.m.

Where: International House, UC Berkeley

❖ Event will also be **Webcast Live!** Attend In-Person or Online
Sign up to watch the seminar from the comfort of your own home

❖ *This presentation is approved for **6 CE hours***
Discounts available to members of the Greater Good Science Center

For more information, go to

<http://greatergood.berkeley.edu>