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The neuroscience of changing toxic thinking

Your brain is wired to produce change, a constant in the brain, as it is in life. Change involves learning, and all learning generates change in the brain. When you

Change management and neuroscience -

Why is change often difficult to implement in organizations and how can we use neuroscience to manage the process better? This question has become even more key in

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I attended a talk by Alison Adcock, M.D. P.h.D., for the Brain Awareness Week lecture series. The point of the series was to spread awareness of neuroscience research

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The neuroscience of change: more cause for

If you've ever wondered why it's so hard to make lasting change, you may find comfort in knowing that one reason is human biology. Neurobiology, in particular.

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Session 1: How to Harness the Biological Learning Process to Create Change. With Amanda Blake Released on 24th June Author of the upcoming book Your Body is

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