

Walk the World's Most Meditative Labyrinths

smithsonianmag.com

History meets harmony on these time-worn paths

Shared by Tom Connelly



Google CEO Sundar Pichai Prefers ‘Non-sleep Deep Rest’ To Overcome Stress; Here's How It Works

in.mashable.com

Usually, CEOs have their own way of taking a chill pill, but Google CEO Sundar Pichai uses a scientific method to unwind himself.

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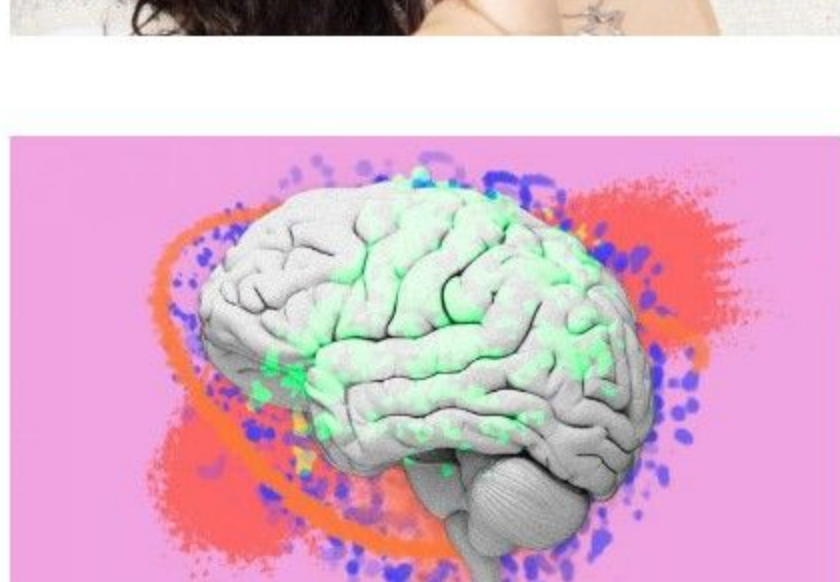


Surprising Ways You Can Turn Thoughts Into Action

psychologytoday.com

When and why thoughts affect judgment and action.

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How to quiet your mind by doing a brain dump

fastcompany.com

You've decluttered your home for remote work. Now declutter your mind.

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Study identifies brain areas altered during hypnotic trances

med.stanford.edu

By scanning the brains of subjects while they were hypnotized, researchers at the School of Medicine were able to see the neural changes associated with hypnosis.

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Metaphor Is a Shortcut on the Path to Mindfulness

psychologytoday.com

Using a vivid metaphor is one of the easiest ways to become more mindful.

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Why You Might Have Internalized Sexual Shame — and How to Unlearn It

shape.com

Messages implying shame around sex seep in from all directions and last a lifetime, but it is possible to break free. Here's where sexual shame comes from, why it becomes so engrained, and how to dis...

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In a world first, researchers record the brain waves of a dying patient

interestingengineering.com

The brain is capable of many things that we have barely begun to comprehend. A new study shows that it could be well in charge of coordinating our death too.

Shared by Tom Connelly



The brain's reading of the body's state is key to mental health

psyche.co

The neural basis of ‘interoception’ – the interpretation of bodily signals – is affected in many mental health conditions

Shared by Tom Connelly



Bring Your A-Game with Elliot Roe

getyourselfoptimized.com

Get Yourself Optimized is a podcast full of secret knowledge that will enable you to reboot your life and improve your health, wealth, partner intimacy, peer group, spirit, career, business, and more!

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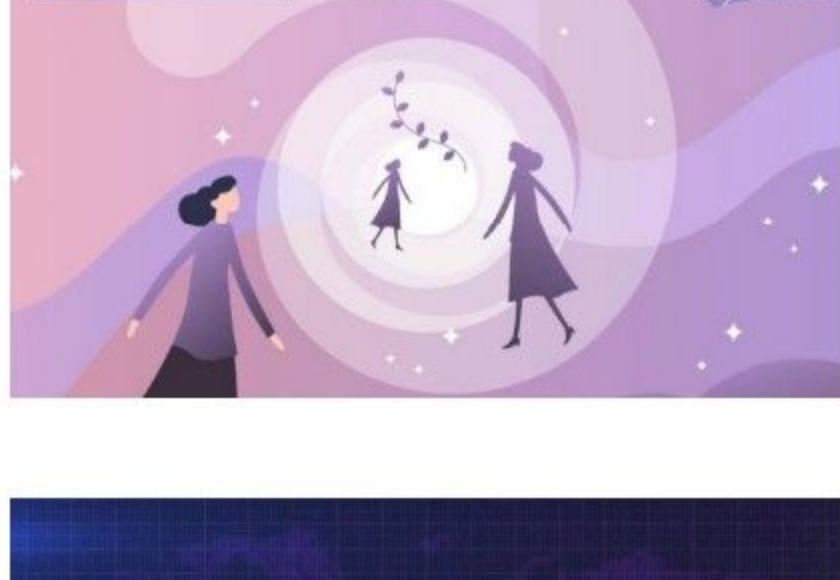


Gratitude May Save Your Life

psychologytoday.com

Higher levels of gratitude may protect against mental illness and suicide.

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What Happens in Our Brains When We Change Our Minds

healthline.com

Researchers noticed different brain activity when they studied the differences between people who changed their minds for different reasons.

Shared by Tom Connelly

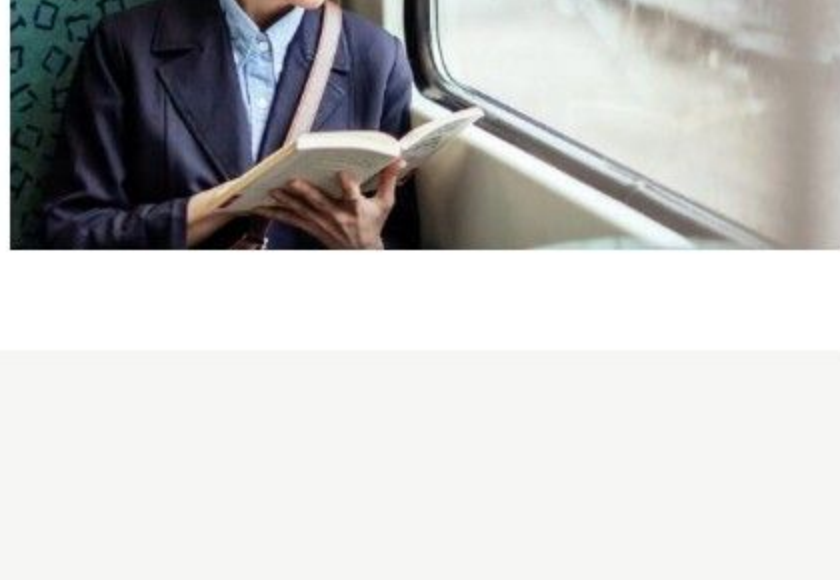


4 Theories That Could Explain Near-Death Experiences

psychologytoday.com

Studies of near-death experiences challenge the idea that our mind ends at death

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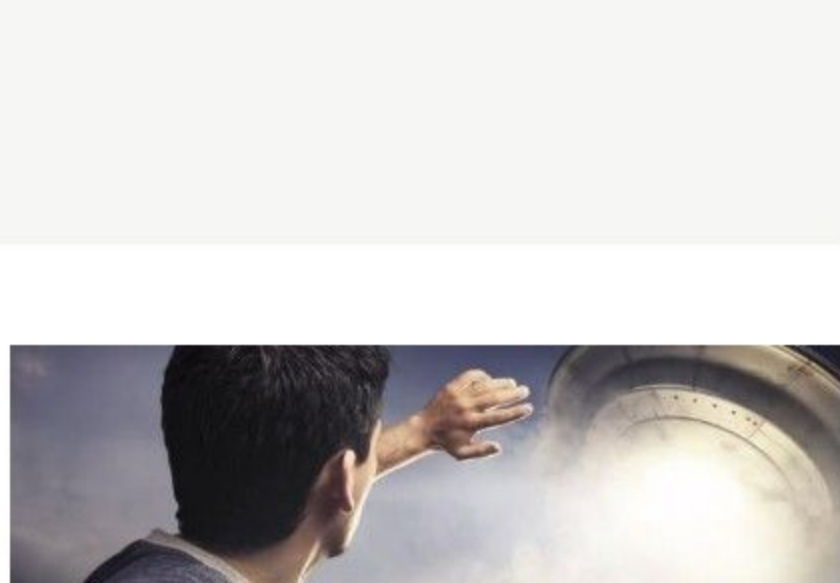


The Neuroscience of Breaking Out of Negative Thinking (and How to Do It in Under 30 Seconds)

inc.com

Your brain is wired to focus on the negative. Here's how to build a new, more positive, mindset anytime, anywhere.

Shared by Tom Connelly



A Nobel Prize winner's simple technique for learning anything quickly and effectively

businessinsider.com

Richard Feynman thought simplicity was key to learning: you truly understand a topic when you can explain it in the simplest way possible.

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Some scientific explanations for alien abduction that aren't so out of this world

theconversation.com

Millions of people claim to have had encounters with aliens, but most can be explained by psychology rather than UFOs.

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13 Signs That You're Dealing with a Chronic Liar

psychologytoday.com

... and how to guard against the most devious.

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Money can actually buy you happiness, study shows

nypost.com

A recent study published in the scientific journal Emotion found that financial success has been increasingly linked to happiness over the past few decades.

Shared by Tom Connelly



How Altered Consciousness Is Changing Psychiatry

worldcrunch.com

From self-induced trance to psychedelics, altered states of consciousness are experiencing a renewed interest in the scientific community for their therapeutic value.

Shared by Tom Connelly



Franz Mesmer: The remarkable Austrian physician who unwittingly invented hypnosis

theneweuropcan.co.uk

CHARLIE CONNELLY on a charming and bewitchingly charismatic medical practitioner whose methods were declared hokum after long keeping the elite mesmerised

Shared by Tom Connelly



Do we speak foreign languages better when drunk?

brainscape.com

It is common to hear language learners say that they speak more fluently when in a state of inebriation. Here's how drinking really affects your learning.

Shared by Tom Connelly



How to Use the Two-Week Rule to Become Remarkably Successful (and Optimize Your Bucket List)

inc.com

Two weeks is all it takes to find out what a goal means to you. And what you're willing to do to achieve it.

Shared by Tom Connelly

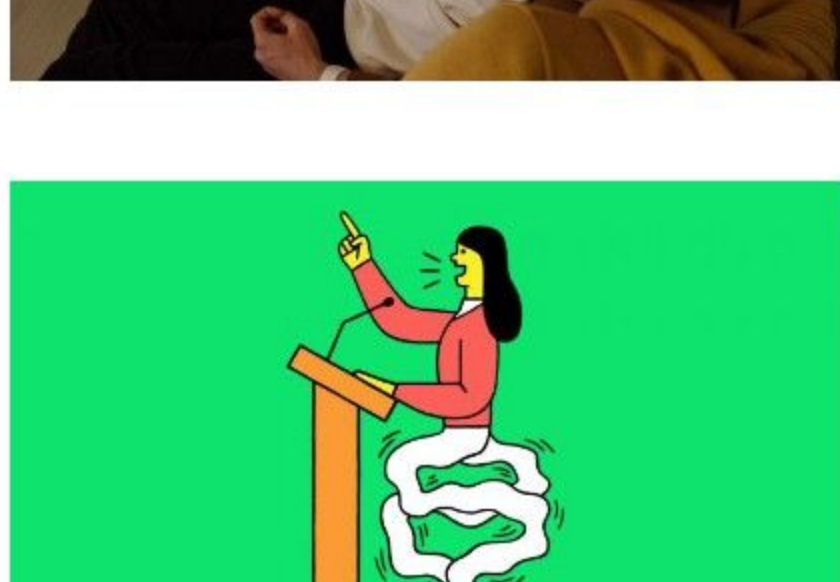


Why You Need to Forget Stuff

psychologytoday.com

Forgetting names and faces can be annoying—but it's critical for our brains to function at their best, a new book argues.

Shared by Tom Connelly

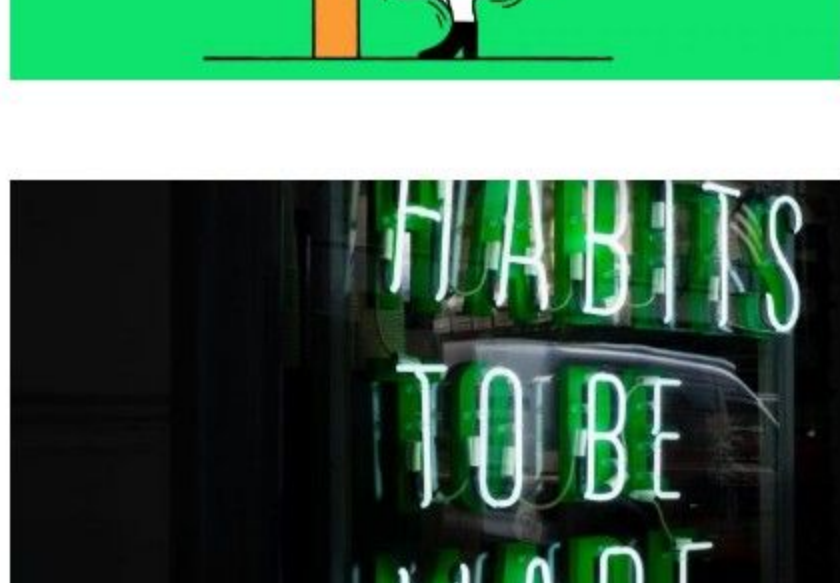


A 10-Minute Guided Meditation You Should Do Right Before Bed

self.com

This 10-minute guided meditation can help you seek out restfulness in your day, as well as quiet your mind and become more present.

Shared by Tom Connelly

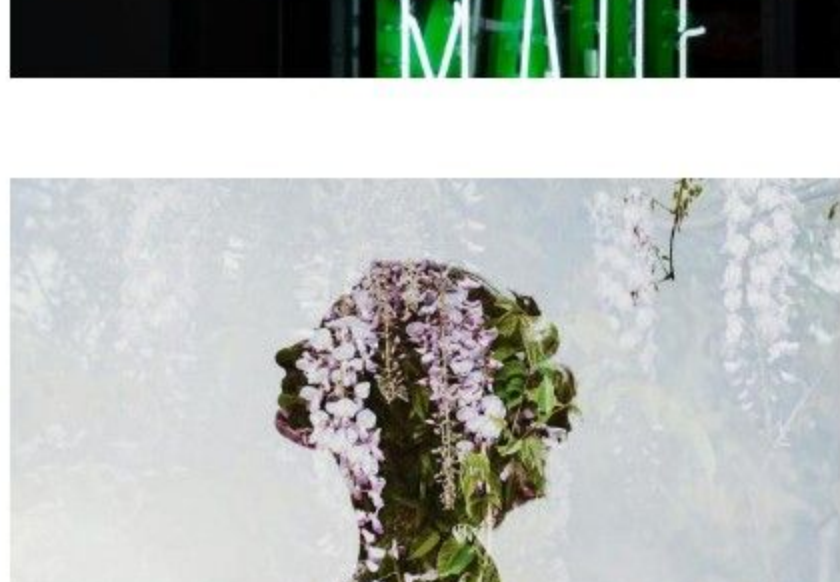


The 3 best books to help you live a happier, more successful life, according to a productivity expert

cnbc.com

Productivity expert Chris Bailey says he has pored over “countless” books on productivity throughout his career to find the titles with the best advice.

Shared by Tom Connelly

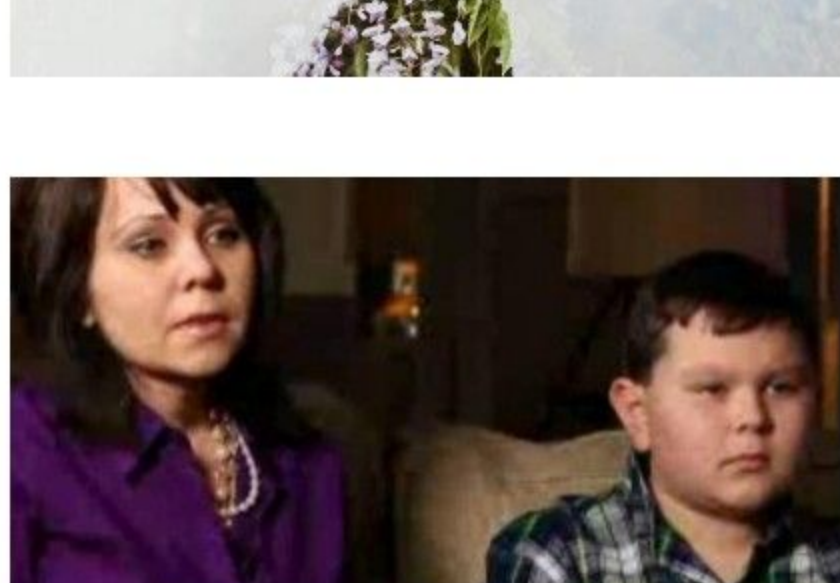


10 must-see mental health documentaries

happiful.com

Expand your mind with these touching, striking, and fascinating watches covering vital topics from suicide, motherhood and bulimia

Shared by Tom Connelly



A simple trick to help you speak in public without showing your nerves

ideas.ted.com

You don't have to put up with a thin, shaky voice, says speech-language pathologist Jackie Gartner-Schmidt.

Shared by Tom Connelly



One Way to Create Good Habits that Actually Stick

psychologytoday.com

Why you should use situational cues when planning for the future.

Shared by Tom Connelly



Can Hypnosis Help Relieve Eczema Symptoms?

healthline.com

Do you live with severe or treatment-resistant eczema? Hypnotherapy, an alternative treatment, may be worth trying. Get the details here.

Shared by Tom Connelly



Evaluating the Evidence for Reincarnation

psychologytoday.com

Can deceased people somehow be reborn in a different body?

Shared by Tom Connelly



101 Powerful Buddha Quotes to Help You Throughout Your Life

womansday.com

Find inspiration for living with your life with love, peace and happiness with these quotes that have been attributed to Buddha.

Shared by Tom Connelly



7 Astral Projection Meditations To Help You Get In The Zone

bustle.com

Start sharpening your psychic senses and dipping your toes into the astral realm with these helpful astral projection meditations and tips.

Shared by Tom Connelly

People who are 'confident and interesting' always avoid these 5 mistakes, says public speaking expert

cnbc.com

Ever feel insecure about your public speaking skills? There are science-backed ways to talk to anyone with ease and confidence. A body language expert shares how to sound more confident and interesti...

visit the pages of the British Society of Clinical Hypnosis

