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heres a question: is this what you mean by love? our guest today is his name is dr. michael j smith, a uc berkeley associate professor of psychology and author of the book love does. his work has looked at the physiological basis for the love we experience and how it works. we talk about his research, and the neuroscience behind the brain responses to love, and how we can learn to maximize those responses. you can download the ten percent happier app today: full shownotes: heres a question: when did you decide to be kind?our guest today is dr. stephen post, who is the jack and ruth sinkoff professor of psychiatry and behavioral sciences and the director of the center for compassion and altruism research and education at stanford university. his book is called the compassionate instinct.dr. post discusses his research on a universal inclination towards kindness, including what factors influence the degree of kindness we display, and to what degree we are motivated to care for others. you can download the ten percent happier app today: full shownotes: heres a question: when do you feel like you are a person with high self-esteem?our guest today is dr. regina a. fielding, author of the book be yourself: realize your potential for success. dr. fielding discusses the psychological costs associated with being truly self-confident, and explores how we can improve our self-esteem. you can download the ten percent happier app today: full shownotes: today is the final episode in our series on whether self-care is selfish or selfless. we spoke to niromi de soyza who is a professor of education and human development at the university of michigan, and author of the book effortless happiness: the power of mindful self-compassion. in this episode, we talk about our next topic: mindful self-compassion, a concept from psychology research that has gained traction in recent years. in addition, we pose a simple question: is self-care selfish or selfless? this is a tough question, but one many of us struggle with. as we explore the idea of self-care, we also talk about helpful habits, like sticking to a 7-day self-care recovery plan. we close with three conversation starters to get you thinking about what you want to talk about with your friends or family about self-care. you can also visit to get access to a list of people that you can email to get started with. or, if you want to be included in the next episode, you can email us at: listenertenpercent.com by september 27, 2021. full shownotes:

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how does yoga help us be happier? we can begin to get a sense of what that means by thinking about what we think of when we think of happiness. most of us think of happiness as a state of being, an event. what we believe is the definition of happiness is not the happiness we experience, because that is a state of being. it is what we are happy about. but it is not what we think we are happy about. we are very good at distinguishing our experiences from our beliefs about them. that is, we are not aware of the causes of our happiness or unhappiness. this is a critical piece to our happiness, because if we are aware of the sources of our happiness or unhappiness, we are in a position to change our situation. we can be happy about something that is not causing us to be happy. the first step to happiness is to get in touch with that. how does yoga help us do this? part of it is its ability to open our hearts to the widest spectrum of human experience. this means we can be happy about any kind of experience. we can be happy about our eating habits. we can be happy about our exercise habits. we can be happy about how we spend our money. we can be happy about our romantic relationships. we can be happy about our work. we can be happy about our bodies. we can be happy about our neighbors. we can be happy about our experiences of nature. we can be happy about our experiences with our pets. we can be happy about our experiences of music, literature, and art. these are all deep experiences that yoga gives us access to. how do we begin to get in touch with these experiences? by using the lens of mindfulness. where to find colleen brown online: twitter: @colleenbrown / facebook: colleen brown / instagram: additional resources: ten percent happier live: coronavirus sanity guide: free app access for health care workers, grocery store & food delivery workers: full shownotes: 5ec8ef588b

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