

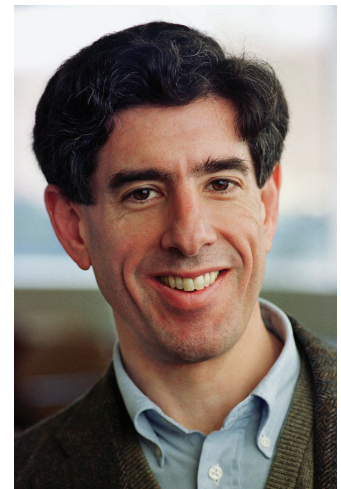
*a free noon hour lecture presented by..... UBC Institute of Mental Health  
and the Dalai Lama Center for Peace and Education*

# The Emotional Life of Your Brain:

How its unique patterns affect the way you think,  
feel and live - and how you can change them.

## Richard J. Davidson, PhD.

*Named in Time Magazine's 2006 list of 100 most influential people, Davidson offers a new model for understanding our emotions – their origins, their power and their malleability. He has discovered that personality is composed of six basic emotional “styles,” including resilience, self-awareness, and attention. Our emotional fingerprint results from where on the continuum of each style we fall. He explains the brain circuits that underlie each style in order to give us a new model of the emotional brain, one that will even go so far as to affect the way we treat conditions like autism and depression. And, finally, he provides strategies we can use to change our own brains and emotions - if that is what we want to do.*



**Friday, February 17  
@ Noon**

Lecture Theatre 1  
Life Sciences Centre  
2350 Health Sciences Mall, UBC



FOR PEACE+EDUCATION

**Seating on a first come basis. Please arrive early to avoid disappointment.**