

# Richard Davidson

## Quotes

*Mind, Brain, Meditation, People, Quality, Buddhist, Different, Skills, Technology,  
Thinking, Compassion, Cards, Kindness, Ideas, Optimism, Focus,  
Responsibility, Moments, Committed, Health*

Meditation gives you the wherewithal to pause, observe how easily the mind can exaggerate the severity of a setback, and resist getting drawn into the abyss.

~Richard Davidson

The key to a healthy life is having a healthy mind.

~Richard Davidson

We need a different conception of happiness, more enduring and more genuine, not dependent on external circumstances.

~Richard Davidson

Most people still don't think of qualities like happiness as being a skill, that can be enhanced through training.

~Richard Davidson

Our brain is continuously being shaped - we can take more responsibility for our own brain by cultivating positive influences.

~Richard Davidson

The Dalai Lama challenged me - he said, 'Why can't you use technological tools to study kindness and compassion?'

~Richard Davidson

The best way I can mentor and lead those around me is to embody these qualities myself.

~Richard Davidson

Spatial working memory is impaired by stress.

~Richard Davidson

Happiness and well-being are actually best regarded as skills.

~Richard Davidson

I wouldn't consider myself a Buddhist or a card-carrying zealot at all. My first commitment is as a scientist to uncover the truth about all this.

~Richard Davidson

We can change the brain by changing the mind.

~Richard Davidson

Mindfulness - moment to moment non-judgemental attention and awareness.

~Richard Davidson

I think the messiness and embodied nature of modern life just produces an enhanced signal for our attention.

~Richard Davidson

I committed to doing everything I could to put compassion on the scientific map.

~Richard Davidson

We have no idea how the subjective quality of consciousness emerges from the physical stuff of the brain.

~Richard Davidson

There are certainly beliefs in traditional Buddhism that conflict with basic principles of scientific understanding, .. We can't make sense of those beliefs in any kind of scientific framework.

~Richard Davidson

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