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"We may rarely get feedback from the people around us about how meaningfully we've influenced their lives for the better, and even less often how they then may have gone on, as a direct result of our influence, to influence the lives of still others. The Undeclared Mind Quotes by Alex Lickerman The Undeclared Mind distills the wisdom we need to create true resilience into nine core principles, including: A new definition of victory and its relevance to happiness ; The concept of the changing of poison into medicine ; A way to view prayer as a vow we make to ourselves. The Undeclared Mind: On the Science of Constructing an ... The Undeclared Mind: On the Science of Constructing an Indestructible Self (Video) Download the PDF . Brian Johnson loves helping people optimize their lives as he studies, embodies, and teaches the fundamentals of optimal living — integrating ancient wisdom, modern science, common sense, virtue, mastery, and fun. 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In The Undeclared Mind, physician Alex Lickerman draws on the tenets of both Nichiren Buddhism and new scientific research to argue that resilience isn't something with which only a fortunate few of us have been born, but rather something we can all take action to develop.

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The Undeclared Mind is a book that combines the teachings of Nichiren Buddhism with the latest scientific research on various topics relating to mindset and resilience. The author provides several examples, tools, and case studies to support his view of not trying to make your life easy, but cultivating the inner strength to enjoy the difficult life you have.

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