

Viewpoint: 6-week brain hack — ‘Simple, everyday changes to our lives can alter our brains and change how they work’

There’s good reason to *want* to boost our brain – an [increasing number of studies suggest](#) it can play a role in delaying or preventing degenerative brain diseases.

So, with the help of Thorsten Barnhofer, a professor of clinical psychology at the University of Surrey in the UK, that’s what I set out to do.

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Over six weeks, Barnhofer modified a mindfulness research course for me to try out. For 30 minutes a day, either as one single session or two 15-minute sessions, I practiced a guided mindfulness meditation by listening to a recording. In addition, I had one weekly meditation session with Barnhofer, who guided me over Zoom. The full [mindfulness course](#) can be accessed online for free.

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At the end of the six weeks, I was extremely curious to see if all this work had any effect on my brain. After another brain scan, and some trepidation about what might have happened inside my head in the intervening weeks, I visited Barnhofer at the University of Surrey to find out. He had been analysing and comparing my two brain scans long into the night.

There was a result: the structure of my brain had in fact changed.

[**This is an excerpt. Read the original post here**](#)