

Rewire Change Your Brain To Break Bad Habits Overcome Addictions Conquer Self Destructive Behavior

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how to rewire your brain to improve virtually every aspect of your life based on the latest research in neuroscience and psychology on neuroplasticity and evidence based practices not long ago it was thought that the brain you were born with was the brain you would die with and that the brain cells you had at birth were the most you would ever possess your brain was thought to be hardwired to function in predetermined ways it turns out that s not true your brain is not hardwired it s softwired by experience this book shows you how you can rewire parts of the brain to feel more positive about your life remain calm during stressful times and improve your social relationships written by a leader in the field of brain based therapy it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times you will also learn to improve your memory boost your mood have better relationships and get a good night sleep reveals how cutting edge developments in neuroscience and evidence based

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using the latest research on the workings of the human brain buzan provides step by step exercises for discovering the powers of the right side of the brain and learning to use the left side more effectively by increasing our understanding of how the mind works buzan shows us how to use our brains to the best advantage

two neuroscience experts explain how their 4 step method can help break destructive thoughts and actions and change bad habits for good a leading neuroplasticity researcher and the coauthor of the groundbreaking books brain lock and the mind and the brain jeffrey m schwartz has spent his career studying the structure and neuronal firing patterns of the human brain he pioneered the first mindfulness based treatment program for people suffering from ocd teaching patients how to achieve long term relief from their compulsions for the past six years schwartz has worked with psychiatrist rebecca gladding to refine a program that successfully explains how the brain works and why we often feel besieged by bad brain wiring just like with the compulsions of ocd patients they discovered that bad habits social anxieties self deprecating thoughts and compulsive overindulgence are all rooted in overactive brain circuits the key to making life changes that you want to make your brain work for you is to consciously choose to starve these circuits of focused attention thereby decreasing their influence and strength as evidenced by the huge success of schwartz s previous books as well as daniel amen s change your brain change your life and norman doidge s the brain that changes itself there is a large audience interested in harnessing the brain s untapped potential yearning for a step by step scientifically grounded and clinically proven approach in fact readers of brain lock wrote to the authors in record numbers asking for such a book in you are not your brain schwartz and gladding carefully outline their program showing readers how to identify negative brain impulses channel them through the power of focused attention and ultimately lead more fulfilling and empowered lives

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