

Retraining The Brain A 45 Day Plan To Conquer Stress And Anxiety

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About Retraining the Brain. Learn how to manage stress and anxiety by retraining your brain with this book from the New York Times bestselling author of The ADD Answer and the chief content advisor for the Dr. Phil show. With his bestselling books, Frank Lawlis has brought psychological relief to millions.

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BESTSELLING AUTHOR DR. FRANK LAWLIS, the chief content advisor for The Dr. Phil Show, has brought psychological relief to millions. In his latest book, he addresses one of the most common challenges of everyday life - dealing with stress. Dr. Lawlis explains the neurological factors that make stress so traumatizing and lays out a powerful plan for changing our brains to improve the way we cope. The secret is to take advantage of our brain plasticity - our ability to essentially reprogram the way we think simply by following this forty-five-day plan to change our behaviour. Featuring helpful, easy-to-perform exercises, Retraining the Brain will show you how to- * Use restorative breathing and exercise to calm the brain * Visualise your way to better stress responses * Choose specific foods to enhance brain function * Use self-rewards to make your new behavior permanent Dr. Lawlis shows how we can hardwire new, healthier response patterns into the brain to reduce stress and remove the barriers that keep us from being our best selves.

Learn how to manage stress and anxiety by retraining your brain with this book from the New York Times bestselling author of The ADD Answer and the chief content advisor for the Dr. Phil show. With his bestselling books, Frank Lawlis has brought psychological relief to millions. Now, he addresses one of the most common challenges of everyday life--dealing with stress and anxiety. In Retraining the Brain, Dr. Lawlis clearly explains the neurological factors that make stress so traumatizing and lays out a powerful plan for changing our brains to improve the way we cope. The secret is to take advantage of

our brain plasticity, our ability to essentially reprogram the way we think simply by following this forty-five-day program to change our behavior. Drawing on his work at his renowned clinic, Dr. Lawlis takes us through the different types of stressors and shows how we can apply the principles of brain plasticity to hardwire new, healthier response patterns. With its simple but effective exercises, Retraining the Brain offers an exciting new method for reducing stress and increasing our overall happiness.

PsychoNeuroPlasticity Protocols for Addictions: A Clinical Companion for the Big Book is a book that represents a tipping point in the translation of addiction science into practical, real-world applications for practitioners. It translates brain research into patient deliverables by explaining how to use the brain to fight addiction and improve recovery outcomes. It does so while embracing the long-standing recovery culture that has been the only source of hope for addicts and alcoholics in the past fifty years. The reader and treatment specialist will be re-energized by witnessing the changes in patient care, staff training, and outcomes. Digging deeper, however, this book is about hope—hope that the work of two decades of brain science will finally reach those who need it most; hope that we finally have a tool that will give us a true advantage in the war on addiction; and hope that lives lost to this disease every year will someday be stymied.

Offers simple activities that help you understand the roles of your "happy chemicals"—serotonin, dopamine, oxytocin, and endorphins. You'll also learn how to build new habits by rerouting the electricity in your brain to flow down a new pathway, making it even easier to trigger these happy chemicals and increase feelings of satisfaction when you need them most.

Are you optimistic or pessimistic? Glass half-full or half-empty? Do you look on the bright side or turn towards the dark? These are easy questions for most of us to answer, because our personality types are hard-wired into our brains. As pioneering psychologist and neuroscientist Elaine Fox has discovered, our outlook on life reflects our primal inclination to seek pleasure or avoid danger—inclinations that, in many people, are healthily balanced. But when our "fear brain" or "pleasure brain" is too strong, the results can be disastrous, as those of us suffering from debilitating shyness, addiction, depression, or anxiety know all too well. Luckily, anyone suffering from these afflictions has reason to hope. Stunning breakthroughs in neuroscience show that our brains are more malleable than we ever imagined. In *Rainy Brain, Sunny Brain*, Fox describes a range of techniques—from traditional cognitive behavioral therapy to innovative cognitive-retraining exercises—that can actually alter our brains' circuitry, strengthening specific thought processes by exercising the neural systems that control them. The implications are enormous: lifelong pessimists can train themselves to think positively and find happiness, while pleasure-seekers inclined toward risky or destructive behavior can take control of their lives. Drawing on her own cutting-edge research, Fox shows how we can retrain our brains to brighten our lives and learn to flourish. With keen insights into how genes, life experiences and cognitive processes interleave together to make us who we are, *Rainy Brain, Sunny Brain* revolutionizes our basic concept of individuality. We learn that we can influence our own personalities, and that our lives are only as "sunny" or as "rainy" as we allow them to be.

In the bestselling *The ADD Answer*, Dr. Frank Lawlis provided thousands with valuable information about treatments for ADD and ADHD. Now he shares his expert advice on how to unleash the power of the mind. Through his groundbreaking thirteen-step method, Dr. Lawlis offers clear, easy-to-follow strategies for overcoming thinking patterns that hamper success. Many case studies of his former patients illustrate how these simple techniques can change lives. The result of years of clinical research, his program is a mind, body, and soul approach that includes breathing exercises and nutritional advice. *The IQ Answer* is a fascinating and user-friendly guide to fulfilling one's potential. With millions of new cases of ADD and other learning disabilities diagnosed every year, parents are searching for solutions to help them break through their children's performance plateaus. And any adult who has ever been frustrated by a stubborn mental block will learn the steps to scale it and tackle any project creatively. Written in response to the overwhelming need that Dr. Lawlis sees every day in his practice and in his role as Dr. Phil's primary contributing psychologist, *The IQ Answer* will be a powerful tool for all those who want to be as successful as they can be.

Praise for *The PTSD Breakthrough* "Dr. Lawlis has done it again! His latest book offers new hope for PTSD sufferers and their families with approaches that can be used at home where the real problems occur and persist. There is a great deal of insight, strategy, and inspiration for anyone who is dealing with these horrific challenges toward the satisfied life they deserve. A must-read for every member of a family touched by PTSD." Dr. Phil McGraw "Dr. Frank Lawlis, one of the most gifted and prolific contributors in modern psychology, delivers in *The PTSD Breakthrough* a highly readable, scientifically grounded, balanced approach to PTSD, zeroing in on the damaging effects of trauma to the brain psyche, and spirit." John Chibran, PhD, ThD, Harvard Medical School, and the author of *What's Love Got to Do with It: Talking with Your Kids About Sex* "As a nurse educator, coach, author, and consultant, Dr. Frank Lawlis's timely book on PTSD truly addresses the deep-rooted problem beneath the symptoms and syndrome. His innovative and practical guidelines allow the individual to once again achieve high-level wellness with new penetrating insights and compassion for self in the healing journey." Barbara Dossey, PhD, RN; International Co-Director, Nightingale Initiative for Global Health; Co-Director, International Nurse Coach Association; Author of *Holistic Nursing: A Handbook for Practice* (5th ed.) and *Florence Nightingale: Mystic, Visionary, Healer* "Much is being written about post-traumatic stress disorder. But if you a book that looks at the disorder from a new perspective, and

explains it and its treatment in a way that both patient and practitioner can understand, this is the book for you." John Roitzsch, PhD, Medical University of South Carolina, VA Medical Center

The author of *The ADD Answer* and *The IQ Answer* counsels families on how to reverse the stress response through strategic physical exercises, mental relaxation techniques, and nutritional practices designed to prevent stress-related illness. 50,000 first printing.

"Fascinating. Doidge's book is a remarkable and hopeful portrait of the endless adaptability of the human brain."—Oliver Sacks, MD, author of *The Man Who Mistook His Wife for a Hat* What is neuroplasticity? Is it possible to change your brain? Norman Doidge's inspiring guide to the new brain science explains all of this and more. An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they've transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

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