

[PDF] You Are Not Your Brain: The 4-Step Solution For Changing Bad Habits, Ending Unhealthy Thinking, And Taking Control Of Your Life

Jeffrey M. Schwartz, Rebecca Gladding MD - pdf download free book



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Description:

Two neuroscience experts explain how their 4-Step Method can help identify negative thoughts 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 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.

Schwartz works with psychiatrist Rebecca Gladding to refine a program that successfully explains how the brain works and why we often feel besieged by overactive brain circuits (i.e. bad habits, social anxieties, etc.) 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.

You Are Not Your Brain carefully outlines their program, showing readers how to identify negative impulses, channel them through the power of focused attention, and ultimately lead more fulfilling and empowered lives.

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