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You Are Not Your Brain Penguin

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.

You Are Not Your Brain *Penguin*

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.

You Are Not Your Brain *Avery Publishing Group*

Outlines a four-step method for breaking destructive thoughts and overcoming negative habits, sharing insights into how overactive brain circuits are at the core of compulsive behaviors and social anxieties.

Rewire Your Brain *John Wiley & Sons*

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 practices can be used to improve your everyday life Other titles by Dr. Arden include: *Brain-Based Therapy-Adult*, *Brain-Based Therapy-Child*, *Improving Your Memory For Dummies* and *Heal Your Anxiety Workbook* Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, *Rewire Your Brain* will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

Fuel Your Brain, Not Your Anxiety
New Harbinger Publications

Discover how you can use high-protein, brain-fueling foods to overcome anxiety, worry, and fatigue for good! Do you struggle with anxiety, sugar cravings, weight gain, and fatigue? You aren't alone. In our busy, overscheduled lives, many of us turn to fast food to relieve stress and meet the challenges of our jobs, families, and relationships. But these "on-the-go" meals—which are typically low in protein and high in sugar—can actually contribute to our

anxiety, add to our waistlines, and increase our risk of developing devastating medical problems. So, what can you do to break free from this vicious cycle? In this practical, feel-better-now workbook, you'll learn how to make healthier food choices, and discover how protein and sugar affect your emotions and energy on any given day. You'll also find convenient meal planning and tracking tools to help you monitor your progress, and a wealth of easy tips and doable ways to improve your diet, overcome fatigue, and restore your vitality and mental clarity. Everyone's heard the adage, "You are what you eat." When it comes to anxiety, research now shows that nutritional factors often underlie the anxious thoughts and feelings we have every day. With this life-changing workbook, you'll learn to use brain-boosting foods to stay one step ahead of anxiety.

The Wise Advocate *Columbia University Press*

Leadership is the habit of making good choices. Even in difficult and uncertain circumstances, the most effective leaders focus their attention and overcome entrenched patterns of behavior to push an organization to new heights of success. This capability is no fluke: the latest research on the brain shows that we can pinpoint the mental activity associated with it—and cultivate it for our benefit. In this book, Art Kleiner, a strategy expert; Jeffrey Schwartz, a research psychiatrist; and Josie Thomson, an executive coach, give a transformative explanation of how cutting-edge neuroscience can help business leaders set a course toward better management. Mapping the functions of a manager onto established

patterns of mental activity, they identify crucial brain circuits and their parallels in organizational culture. Strategic leaders, they show, play the role of wise advocates: able to go beyond day-to-day transactional behavior to a longer-term, broader perspective that articulates their organization's deeper purpose. True leaders can play this influencer role in an organization because they have cultivated similar self-reflective habits in their own minds. Providing a powerful guide to decision strategies and their consequences, *The Wise Advocate* helps managers find their own inner voice and then make that voice ring out loud and clear, with a four-step program for practice and catalytic implications for management strategy, executive education, and business results.

Your Brain's Not Broken *Revell*

If you have ADHD, your brain doesn't work in the same way as a "normal" or neurotypical brain does because it's wired differently. You and others may see this difference in circuitry as somehow wrong or incomplete. It isn't. It does present you with significant challenges like time management, organization skills, forgetfulness, trouble completing tasks, mood swings, and relationship problems. In *Your Brain's Not Broken*, Dr. Tamara Rosier explains how ADHD affects every aspect of your life. You'll finally understand why you think, feel, and act the way you do. Dr. Rosier applies her years of coaching others to offer you the critical practical tools that can dramatically improve your life and relationships. Anyone with ADHD--as well as anyone who lives with or loves someone with ADHD--will find here a compassionate, encouraging guide to living well and with hope.

Brain Lock *Harper Perennial*

An estimated 5 million Americans suffer from obsessive-compulsive disorder (OCD) and live diminished lives in which they are compelled to obsess about something or to repeat a similar task over and over. Traditionally, OCD has been treated with Prozac or similar drugs. The problem with medication, aside from its cost, is that 30 percent of people treated don't respond to it, and when the pills stop, the symptoms invariably return. In *Brain Lock*, Jeffrey M. Schwartz presents a simple four-step method for overcoming OCD that is so effective, it's now used in academic treatment centers throughout the world. Proven by brain-imaging tests to actually alter the brain's chemistry, this method doesn't rely on psychopharmaceuticals. Instead, patients use cognitive self-therapy and behavior modification to develop new patterns of response to their obsessions. In essence, they use the mind to fix the brain. Using the real-life stories of actual patients, *Brain Lock* explains this revolutionary method and provides readers with the inspiration and tools to free themselves from their psychic prisons and regain control of their lives.

The Emotional Life of Your Brain *Penguin*

What is your emotional fingerprint? Why are some people so quick to recover from setbacks? Why are some so attuned to others that they seem psychic? Why are some people always up and others always down? In his thirty-year quest to answer these questions, pioneering neuroscientist Richard J. Davidson discovered that each of us has an Emotional Style, composed of Resilience, Outlook, Social Intuition, Self-Awareness, Sensitivity to Context, and

Attention. Where we fall on these six continuums determines our own “emotional fingerprint.” Sharing Dr. Davidson’s fascinating case histories and experiments, *The Emotional Life of Your Brain* offers a new model for treating conditions like autism and depression as it empowers us all to better understand ourselves—and live more meaningful lives.

Your Brain at Work, Revised and Updated *HarperCollins*

A researcher and consultant burrows deep inside the heads of one modern two-career couple to examine how each partner processes the workday—revealing how a more nuanced understanding of the brain can allow us to better organize, prioritize, recall, and sort our daily lives. Emily and Paul are the parents of two young children, and professionals with different careers. Emily is the newly promoted vice president of marketing at a large corporation; Paul works from home or from clients’ offices as an independent IT consultant. Their days are filled with a bewildering blizzard of emails, phone calls, more emails, meetings, projects, proposals, and plans. Just staying ahead of the storm has become a seemingly insurmountable task. In *Your Brain at Work*, Dr. David Rock goes inside Emily and Paul’s brains to see how they function as each attempts to sort, prioritize, organize, and act on the vast quantities of information they receive in one typical day. Dr. Rock is an expert on how the brain functions in a work setting. By analyzing what is going on in their heads, he offers solutions Emily and Paul (and all of us) can use to survive and thrive in today’s hyperbusy work environment—and still feel energized and accomplished at the end

of the day. In *Your Brain at Work*, Dr. Rock explores issues such as: why our brains feel so taxed, and how to maximize our mental resources why it’s so hard to focus, and how to better manage distractions how to maximize the chance of finding insights to solve seemingly insurmountable problems how to keep your cool in any situation, so that you can make the best decisions possible how to collaborate more effectively with others why providing feedback is so difficult, and how to make it easier how to be more effective at changing other people’s behavior and much more.

Change Your Brain, Change Your Life *Harmony*

BRAIN PRESCRIPTIONS THAT REALLY WORK In this breakthrough bestseller, you’ll see scientific evidence that your anxiety, depression, anger, obsessiveness, or impulsiveness could be related to how specific structures in your brain work. You’re not stuck with the brain you’re born with. Here are just a few of neuropsychiatrist Dr. Daniel Amen’s surprising--and effective--“brain prescriptions” that can help heal your brain and change your life: To Quell Anxiety and Panic: . Use simple breathing techniques to immediately calm inner turmoil To Fight Depression: . Learn how to kill ANTs (automatic negative thoughts) To Curb Anger: . Follow the Amen anti-anger diet and learn the nutrients that calm rage To Conquer Impulsiveness and Learn to Focus: . Develop total focus with the “One-Page Miracle” To Stop Obsessive Worrying: . Follow the “get unstuck” writing exercise and learn other problem-solving exercises

Out of Our Heads *Hill and Wang*

Alva Noë is one of a new breed—part philosopher, part cognitive scientist, part neuroscientist—who are radically altering the study of consciousness by asking difficult questions and pointing out obvious flaws in the current science. In *Out of Our Heads*, he restates and reexamines the problem of consciousness, and then proposes a startling solution: Do away with the two hundred-year-old paradigm that places consciousness within the confines of the brain. Our culture is obsessed with the brain—how it perceives; how it remembers; how it determines our intelligence, our morality, our likes and our dislikes. It's widely believed that consciousness itself, that Holy Grail of science and philosophy, will soon be given a neural explanation. And yet, after decades of research, only one proposition about how the brain makes us conscious—how it gives rise to sensation, feeling, and subjectivity—has emerged unchallenged: We don't have a clue. In this inventive work, Noë suggests that rather than being something that happens inside us, consciousness is something we do. Debunking an outmoded philosophy that holds the scientific study of consciousness captive, *Out of Our Heads* is a fresh attempt at understanding our minds and how we interact with the world around us.

Switch On Your Brain *Baker Books*

According to researchers, the vast majority—a whopping 75-98 percent—of the illnesses that plague us today are a direct result of our thought life. What we think about truly affects us both physically and emotionally. In fact, fear alone triggers more than 1,400 known physical and chemical responses in our bodies, activating more than thirty

different hormones! Today our culture is undergoing an epidemic of toxic thoughts that, left unchecked, create ideal conditions for illnesses. Supported by current scientific and medical research, Dr. Caroline Leaf gives readers a prescription for better health and wholeness through correct thinking patterns, declaring that we are not victims of our biology. She shares with readers the "switch" in our brains that enables us to live happier, healthier, more enjoyable lives where we achieve our goals, maintain our weight, and even become more intelligent. She shows us how to choose life, get our minds under control, and reap the benefits of a detoxed thought life.

Train Your Mind, Change Your Brain *Ballantine Books*

Cutting-edge science and the ancient wisdom of Buddhism have come together to reveal that, contrary to popular belief, we have the power to literally change our brains by changing our minds. Recent pioneering experiments in neuroplasticity—the ability of the brain to change in response to experience—reveal that the brain is capable of altering its structure and function, and even of generating new neurons, a power we retain well into old age. The brain can adapt, heal, renew itself after trauma, compensate for disabilities, rewire itself to overcome dyslexia, and break cycles of depression and OCD. And as scientists are learning from studies performed on Buddhist monks, it is not only the outside world that can change the brain, so can the mind and, in particular, focused attention through the classic Buddhist practice of mindfulness. With her gift for making science accessible, meaningful, and compelling, science writer Sharon

Begley illuminates a profound shift in our understanding of how the brain and the mind interact and takes us to the leading edge of a revolution in what it means to be human. Praise for *Train Your Mind, Change Your Brain* "There are two great things about this book. One is that it shows us how nothing about our brains is set in stone. The other is that it is written by Sharon Begley, one of the best science writers around. Begley is superb at framing the latest facts within the larger context of the field. This is a terrific book."—Robert M. Sapolsky, author of *Why Zebras Don't Get Ulcers* "Excellent . . . elegant and lucid prose . . . an open mind here will be rewarded."—Discover "A strong dose of hope along with a strong dose of science and Buddhist thought."—The San Diego Union-Tribune

Your Brain: The Missing Manual
O'Reilly Media, Inc."

Puzzles and brain twisters to keep your mind sharp and your memory intact are all the rage today. More and more people -- Baby Boomers and information workers in particular -- are becoming concerned about their gray matter's ability to function, and with good reason. As this sensible and entertaining guide points out, your brain is easily your most important possession. It deserves proper upkeep. *Your Brain: The Missing Manual* is a practical look at how to get the most out of your brain -- not just how the brain works, but how you can use it more effectively. What makes this book different than the average self-help guide is that it's grounded in current neuroscience. You get a quick tour of several aspects of the brain, complete with useful advice about: Brain Food: The right fuel for the brain and how the brain commands hunger (including an

explanation of the different chemicals that control appetite and cravings) Sleep: The sleep cycle and circadian rhythm, and how to get a good night's sleep (or do the best you can without it) Memory: Techniques for improving your recall Reason: Learning to defeat common sense; logical fallacies (including tactics for winning arguments); and good reasons for bad prejudices Creativity and Problem-Solving: Brainstorming tips and thinking not outside the box, but about the box -- in other words, find the assumptions that limit your ideas so you can break through them Understanding Other People's Brains: The battle of the sexes and babies developing brains Learn about the built-in circuitry that makes office politics seem like a life-or-death struggle, causes you to toss important facts out of your memory if they're not emotionally charged, and encourages you to eat huge amounts of high-calorie snacks. With *Your Brain: The Missing Manual* you'll discover that, sometimes, you can learn to compensate for your brain or work around its limitations -- or at least to accept its eccentricities. Exploring your brain is the greatest adventure and biggest mystery you'll ever face. This guide has exactly the advice you need.

You Are Not Your Thoughts *John Hunt Publishing*

We all wish to be more mindful, engaged, present -- loving the life we are living, but is this possible and how? *You Are Not Your Thoughts: The Secret Magic of Mindfulness* makes the journey into a mindful way of being a profoundly simple one, both to understand and to access. It is a book for those who want to truly know the power of mindfulness to transform their experience of life.

'...There are thousands of books out there to help us combat our inner self-destructive voice... if I could go back in time and read only one book on the subject, this is it.' Joe Pasquale, Comedian and Actor

This Is Your Brain on Stereotypes *Kids Can Press Ltd*

An introduction to the science behind stereotypes. From the time we're babies, our brains sort and label the world around us — a necessary skill for survival. But there's a downside: we also do it to groups of people in ways that can be harmful. With loads of examples, here's a scientific overview of stereotyping, covering the history of identifying stereotypes, secret biases in our brains, how stereotypes affect our sense of self, and current research into the ways that science can help us overcome them. Adolescents are all too familiar with stereotypes. Here's why our brains create stereotypes, and how science can help us do it less.

Supercharge Your Brain *Simon and Schuster*

The definitive guide to keeping your brain healthy for a long and lucid life, by one of the world's leading scientists in the field of brain health and ageing. The brain is our most vital and complex organ. It controls and coordinates our actions, thoughts and interactions with the world around us. It is the source of personality, of our sense of self, and it shapes every aspect of our human experience. Yet most of us know precious little about how our brains actually work, or what we can do to optimise their performance. Whilst cognitive decline is the biggest long-term health worry for many of us, practical knowledge of how to look after

our brain is thin on the ground. In this ground-breaking new book, leading expert Professor James Goodwin explains how simple strategies concerning exercise, diet, social life, and sleep can transform your brain health paradigm, and shows how you can keep your brain youthful and stay sharp across your life. Combining the latest scientific research with insightful storytelling and practical advice, *Supercharge Your Brain* reveals everything you need to know about how your brain functions, and what you can do to keep it in peak condition.

It's Not Your Fault *Baha'i Publishing Trust*

A guide for survivors of trauma and abuse who have not found help from popular self-help guides explains that the brain responds to trauma in ways that may prevent a response to conventional methods, outlining a spiritual approach to healing that involves the empathic support of caregivers.

Your Brain Knows More Than You Think *Scribe Us*

Our brains are more powerful than we ever realized.

Your Brain Is (Almost) Perfect *Penguin*

"A fascinating introduction" (Steven Pinker) to the science of decision-making. One of the leading thinkers in the computational neuroscience revolution offers a brilliant new perspective on the mind's decision-making process. Why do we make the choices we make? How can science explain free will? If our brains are like slow computers originally programmed for survival with goals like food, water, and sex, why do we make choices that go against our own

biological best interests? Where do values come from? What role do emotions play? From how we decide what we consume to the romantic, ethical, and financial choices we make, Read Montague guides readers through a new approach to the mind that is both entertaining and illuminating.

The Mind and the Brain *Springer Science & Business Media*

A leading researcher in brain dysfunction and a "Wall Street Journal" science writer demonstrate that the human mind is an independent entity that can shape and control the physical brain.

Keep Sharp *Simon and Schuster*

Keep your brain young, healthy, and sharp with this science-driven guide to protecting your mind from decline by neurosurgeon and CNN chief medical correspondent Dr. Sanjay Gupta. Throughout our life, we look for ways to keep our minds sharp and effortlessly productive. Now, globetrotting neurosurgeon Dr. Sanjay Gupta offers "the book all of us need, young and old" (Walter Isaacson, #1 New York Times bestselling author of *The Code Breaker*) with insights from top scientists all over the world, whose cutting-edge research can help you heighten and protect brain function and maintain cognitive health at any age. *Keep Sharp* debunks common myths about aging and mental decline, explores whether there's a "best" diet or exercise regimen for the brain, and explains whether it's healthier to play video games that test memory and processing speed, or to engage in more social interaction. Discover what we can learn from "super-brained" people who are in their eighties and nineties with no signs of slowing down—and whether there are truly any benefits to drugs,

supplements, and vitamins. Dr. Gupta also addresses brain disease, particularly Alzheimer's, answers all your questions about the signs and symptoms, and shows how to ward against it and stay healthy while caring for a partner in cognitive decline. He likewise provides you with a personalized twelve-week program featuring practical strategies to strengthen your brain every day. *Keep Sharp* is the "must-read owner's manual" (Arianna Huffington) you'll need to keep your brain young and healthy regardless of your age!

The Biological Mind *Basic Books*

A pioneering neuroscientist argues that we are more than our brains. To many, the brain is the seat of personal identity and autonomy. But the way we talk about the brain is often rooted more in mystical conceptions of the soul than in scientific fact. This blinds us to the physical realities of mental function. We ignore bodily influences on our psychology, from chemicals in the blood to bacteria in the gut, and overlook the ways that the environment affects our behavior, via factors varying from subconscious sights and sounds to the weather. As a result, we alternately overestimate our capacity for free will or equate brains to inorganic machines like computers. But a brain is neither a soul nor an electrical network: it is a bodily organ, and it cannot be separated from its surroundings. Our selves aren't just inside our heads—they're spread throughout our bodies and beyond. Only once we come to terms with this can we grasp the true nature of our humanity.

You Are Not Your Brain by Jeffrey M. Schwartz and Rebecca Gladding (Summary) *QuickRead.com*

Do you want more free books like this?

Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. Written for anyone who's ever experienced intrusive thoughts or anxiety, neuroscientists Jeffrey M. Schwartz and Rebecca Gladding challenge the neural wiring that creates these thoughts in an effort to equip readers for fighting them. By providing readers with a toolkit called the Four Step Method, Schwartz and Gladding teach us to free ourselves from toxic thought patterns by simply relabeling, reframing, refocusing, and revaluing our thoughts. Exploring therapeutic techniques and neural concepts such as self-directing neuroplasticity with accessibility and ease, *You Are Not Your Brain* invites readers to disengage from negative self-talk and remember that the lies produced by our brains do not define our self-worth.

Activate Your Brain *Greenleaf Book Group*

A Wall Street Journal Bestselling ebook! Axiom Business Book Bronze Award Winner Push your brain to full power, for success at the office and at home Would you like more control over your life and your work? Would you like greater stamina as you carry out your daily tasks? How about more significance and meaning as you move forward in your career? Scott Halford shows us how we can all find these things if we simply understand how to activate the full potential of the brain. This incredible organ is still full of mystery, but we know enough to harness its power better than ever before. We just have to recognize how the brain works, and understand the actions we can take to help it perform at its best. Combining research, anecdote,

and inspiration, *Activate Your Brain* shows you how small steps toward better brain function and management can eventually lead to success on a whole new level. Each chapter offers "Activations"—exercises that help optimize your brain function to . . . • increase your focus, • build self-confidence and willpower, • manage distractions, • reduce negative stress, • collaborate effectively with others, • and much more. In the end, *Activate Your Brain* is an indispensable collection of practical things you need to know about your wonderful brain—which, when fully harnessed, can give you more of the fulfilled life you seek.

Unfuck Your Brain *Microcosm Publishing*

Our brains are doing our best to help us out, but they can be real assholes sometimes. Sometimes it seems like your own brain is out to get you—melting down in the middle of the grocery store, picking fights with your date, getting you addicted to something, or shutting down completely at the worst possible moments. You already told your brain firmly that it isn't good to do these things. But your brain has a mind of its own. That's where this book comes in. With humor, patience, and lots of swearing, Dr. Faith shows you the science behind what's going on in your skull and talks you through the process of retraining your brain to respond appropriately to the non-emergencies of everyday life. If you're working to deal with old traumas, or if you just want to have a more measured and chill response to situations you face all the time, this book can help you put the pieces of the puzzle together and get your life and brain back. Here's an excerpt from the book: Knowing what's

going on up in your brain is HUGE. So much of how we interact with the world around us is a completely normal response when we take into account our past experiences and how our brains work. • Freaking the fuck out • Avoiding important shit we need to take care of • Feeling pissed off all the time • Being a dick to people we care about • Putting shit in our bodies that we know isn't good for us • Doing shit we know is dumb or pointless None of these things are fucking helpful. But they all make sense. Your brain has adapted to the circumstances in your life and started doing things to protect you, bless it. It's not TRYING to fuck you over (even though it totally is, at times). As we navigate the world, nasty shit happens. The brain stores info about the nasty shit to try to avoid it in the future. Sometimes these responses are helpful. Sometimes the responses become a bigger problem than the actual problem was. It's called a trauma reaction. And even if you aren't dealing with a specific trauma? Adaptive coping strategies, bad habits, and funky behaviors all wire in similar ways. And research is showing that these issues are actually some of the easier ones to treat in therapy ... if we address what's really going on, rather than just the symptoms.

Elusive Brain *Yale University Press*

Featuring a foreword by renowned neuroscientist Joseph E. LeDoux, *The Elusive Brain* is an illuminating, comprehensive survey of contemporary literature's engagement with neuroscience. This fascinating book explores how literature interacts with neuroscience to provide a better understanding of the brain's relationship to the self. Jason Tougaw surveys the work of contemporary writers—including

Oliver Sacks, Temple Grandin, Richard Powers, Siri Hustvedt, and Tito Rajarshi Mukhopadhyay—analyzing the way they experiment with literary forms to frame new views of the immaterial experiences that compose a self. He argues that their work offers a necessary counterbalance to a wider cultural neuromania that seeks out purely neural explanations for human behaviors as varied as reading, economics, empathy, and racism. Building on recent scholarship, Tougaw's evenhanded account will be an original contribution to the growing field of neuroscience and literature.

When the Air Hits Your Brain: Tales from Neurosurgery *W. W. Norton & Company*

The story of one man's evolution from naive and ambitious young intern to world-class neurosurgeon. With poignant insight and humor, Frank Vertosick Jr., MD, describes some of the greatest challenges of his career, including a six-week-old infant with a tumor in her brain, a young man struck down in his prime by paraplegia, and a minister with a .22-caliber bullet lodged in his skull. Told through intimate portraits of Vertosick's patients and unsparing yet fascinatingly detailed descriptions of surgical procedures, *When the Air Hits Your Brain*—the culmination of decades spent struggling to learn an unforgiving craft—illuminates both the mysteries of the mind and the realities of the operating room.

Change Your Brain, Change Your Body *Harmony*

THE KEY TO A BETTER BODY—in shape, energized, and youthful—is a healthy brain. With fifteen practical, easy-to-implement solutions involving nutritious foods, natural supplements and

vitamins, positive-thinking habits, and, when necessary, highly targeted medications, Dr. Amen shows you how to:

- * Reach and maintain your ideal weight
- * Soothe and smooth your skin at any age
- * Reduce the stress that can impair your immune system
- * Sharpen your memory
- * Increase willpower and eliminate the cravings that keep you from achieving your exercise and diet goals
- * Enhance sexual desire and performance
- * Lower your blood pressure without medication
- * Avoid depression and elevate the enjoyment you take in life's pleasures.

Based on the latest medical research, as well as on Dr. Amen's two decades of clinical practice at the renowned Amen Clinics, where Dr. Amen and his associates pioneered the use of the most advanced brain imaging technology, *Change Your Brain, Change Your Body* shows you how to take the very best care of your brain. Whether you're just coming to realize that it's time to get your body into shape, or are already fit and want to take it to the next level, *Change Your Brain, Change Your Body* is all you need to start putting the power of the brain-body connection to work for you today.

You, Happier Tyndale House Publishers, Inc.

#1 New York Times bestselling author Dr. Daniel Amen reveals the seven neuroscience secrets to becoming more than 30 percent happier in just 30 days—regardless of your age, upbringing, genetics, or current situation. Happiness is a brain function. With a healthier brain always comes a happier life. After studying more than 200,000 brain scans of people from 155 countries, Dr. Amen has discovered five primary brain types and seven neuroscience secrets that influence

happiness. In *You, Happier*, he explains them and offers practical, science-based strategies for optimizing your happiness. Dr. Amen will teach you how to discover your brain type based on your personality and create happiness strategies best suited to you; improve your overall brain health to consistently enhance your mood; protect your happiness by distancing yourself from the “noise” in your head; and make seven simple decisions and ask seven daily questions to enhance your happiness. Creating consistent happiness is a daily journey. In *You, Happier*, Dr. Amen walks you through neuroscience-based habits, rituals, and choices that will boost your mood and help you live each day with clearly defined values, purpose, and goals.

Words Can Change Your Brain *Penguin*

In our default state, our brains constantly get in the way of effective communication. They are lazy, angry, immature, and distracted. They can make a difficult conversation impossible. But Andrew Newberg, M.D., and Mark Waldman have discovered a powerful strategy called Compassionate Communication that allows two brains to work together as one. Using brain scans as well as data collected from workshops given to MBA students at Loyola Marymount University, and clinical data from both couples in therapy and organizations helping caregivers cope with patient suffering, Newberg and Waldman have seen that Compassionate Communication can reposition a difficult conversation to lead to a satisfying conclusion. Whether you are negotiating with your boss or your spouse, the brain works the same way and responds to the same cues. The truth, though, is that you

don't have to understand how Compassionate Communication works. You just have to do it. Some of the simple and effective takeaways in this book include:

- Make sure you are relaxed; yawning several times before (not during) the meeting will do the trick
- Never speak for more than 20-30 seconds at a time. After that the other person's window of attention closes.
- Use positive speech; you will need at least three positives to overcome the effect of every negative used
- Speak slowly; pause between words. This is critical, but really hard to do.
- Respond to the other person; do not shift the conversation.
- Remember that the brain can only hold onto about four ideas at one time

Highly effective across a wide range of settings, Compassionate Communication is an excellent tool for conflict resolution but also for simply getting your point across or delivering difficult news.

Winning the War in Your Mind *Zondervan*

Are your thoughts out of control--just like your life? Do you long to break free from the spiral of destructive thinking? Let God's truth become your battle plan to win the war in your mind! We've all tried to think our way out of bad habits and unhealthy thought patterns, only to find ourselves stuck with an out-of-control mind and off-track daily life. Pastor and New York Times bestselling author Craig Groeschel understands deeply this daily battle against self-doubt and negative thinking, and in this powerful new book he reveals the strategies he's discovered to change your mind and your life for the long-term. Drawing upon Scripture and the latest findings of brain science, Groeschel lays out practical strategies that will free you from the grip of

harmful, destructive thinking and enable you to live the life of joy and peace that God intends you to live. Winning the War in Your Mind will help you: Learn how your brain works and see how to rewire it Identify the lies your enemy wants you to believe Recognize and short-circuit your mental triggers for destructive thinking See how prayer and praise will transform your mind Develop practices that allow God's thoughts to become your thoughts God has something better for your life than your old ways of thinking. It's time to change your mind so God can change your life.

Switch On Your Brain Workbook *Baker Books*

We all want to be more at peace, to be happier and healthier, but we often don't know how to go about it. Everything we try seems to fall short of true change. Dr. Caroline Leaf knows that we cannot change anything until we change our thinking. This follow-up to her bestselling book will help readers apply the science and wisdom of Switch On Your Brain to their daily lives so that they can detox their thinking and experience improved happiness and health. Each of the keys in the Switch On Your Brain Workbook pairs science with Scripture, asking penetrating personal questions in order to understand the impact of our thought lives on our brains, bodies, and lifestyles. Discussion sections help readers see vital connections between our body of scientific knowledge and the Bible. Recommended reading lists are included for those who wish to dig deeper.

Moonwalking with Einstein *Penguin*
"Highly entertaining." —Adam Gopnik, The New Yorker "Funny, curious, erudite, and full of useful details about ancient techniques of training memory." —The

Boston Globe The blockbuster phenomenon that charts an amazing journey of the mind while revolutionizing our concept of memory. An instant bestseller that is poised to become a classic, *Moonwalking with Einstein* recounts Joshua Foer's yearlong quest to improve his memory under the tutelage of top "mental athletes." He draws on cutting-edge research, a surprising cultural history of remembering, and venerable tricks of the mentalist's trade to transform our understanding of human memory. From the United States Memory Championship to deep within the author's own mind, this is an electrifying work of journalism that reminds us that, in every way that matters, we are the sum of our memories.

Think Again *Penguin*

#1 New York Times Bestseller "THIS. This is the right book for right now. Yes, learning requires focus. But, unlearning and relearning requires much more—it requires choosing courage over comfort. In *Think Again*, Adam Grant weaves together research and storytelling to help us build the intellectual and emotional muscle we need to stay curious enough about the world to actually change it. I've never felt so hopeful about what I don't know." —Brené Brown, Ph.D., #1 New York Times bestselling author of *Dare to Lead* The bestselling author of *Give and Take* and *Originals* examines the critical art of rethinking: learning to question your opinions and open other people's minds, which can position you for excellence at work and wisdom in life. Intelligence is usually seen as the ability to think and learn, but in a rapidly changing world, there's another set of cognitive skills that might matter more: the ability to

rethink and unlearn. In our daily lives, too many of us favor the comfort of conviction over the discomfort of doubt. We listen to opinions that make us feel good, instead of ideas that make us think hard. We see disagreement as a threat to our egos, rather than an opportunity to learn. We surround ourselves with people who agree with our conclusions, when we should be gravitating toward those who challenge our thought process. The result is that our beliefs get brittle long before our bones. We think too much like preachers defending our sacred beliefs, prosecutors proving the other side wrong, and politicians campaigning for approval--and too little like scientists searching for truth. Intelligence is no cure, and it can even be a curse: being good at thinking can make us worse at rethinking. The brighter we are, the blinder to our own limitations we can become. Organizational psychologist Adam Grant is an expert on opening other people's minds--and our own. As Wharton's top-rated professor and the bestselling author of *Originals* and *Give and Take*, he makes it one of his guiding principles to argue like he's right but listen like he's wrong. With bold ideas and rigorous evidence, he investigates how we can embrace the joy of being wrong, bring nuance to charged conversations, and build schools, workplaces, and communities of lifelong learners. You'll learn how an international debate champion wins arguments, a Black musician persuades white supremacists to abandon hate, a vaccine whisperer convinces concerned parents to immunize their children, and Adam has coaxed Yankees fans to root for the Red Sox. *Think Again* reveals that we don't have to believe everything we think or internalize everything we feel.

It's an invitation to let go of views that are no longer serving us well and prize mental flexibility over foolish consistency. If knowledge is power, knowing what we don't know is wisdom.

The Shallows: What the Internet Is Doing to Our Brains *W. W. Norton & Company*

New York Times bestseller • Finalist for the Pulitzer Prize “This is a book to shake up the world.” —Ann Patchett Nicholas Carr’s bestseller *The Shallows* has become a foundational book in one of the most important debates of our time: As we enjoy the internet’s bounties, are we sacrificing our ability to read and think deeply? This 10th-anniversary edition includes a new afterword that brings the story up to date, with a deep examination of the cognitive and behavioral effects of smartphones and social media.

Out of My Mind *Simon and Schuster*

Considered by many to be mentally retarded, a brilliant, impatient fifth-grader with cerebral palsy discovers a technological device that will allow her to speak for the first time.

Power Foods for the Brain *Balance*

Strengthen your memory with New York Times bestselling author Dr. Neal Barnard’s simple 3-step plan to protecting your brain with your diet. Could your breakfast or lunch be harming your memory? Are you missing out on the foods that could prevent Alzheimer’s disease? Everyone knows good nutrition supports your overall health, but few realize that certain foods-power foods-can protect your brain and optimize its function, and even dramatically reduce your risk of Alzheimer’s Disease. Now, New York

Times bestselling author, clinical researcher and health advocate Dr. Neal Barnard has gathered the most up-to-date research and created a groundbreaking program that can strengthen your memory and protect your brain’s health. In this effective 3-step plan Dr. Barnard reveals which foods to increase in your diet and which to avoid, and shows you specific exercises and supplements that can make a difference. It will not only help boost brain health, but it can also reduce your risk of Alzheimer’s disease, stroke, and other less serious malfunctions such as low energy, poor sleep patterns, irritability, and lack of focus. You’ll discover: The best foods to increase cognitive function Dairy products and meats-the dangers they may pose to your memory The surprising roles alcohol and caffeine play in Alzheimer’s risk The latest research on toxic metals, like aluminum found in cookware, soda cans, and common antacids. Plus a detailed menu plan, recipes and time-saving kitchen tips

The Power of Now *New World Library*

To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle’s extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, “The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death.” Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, *The Power of Now* is one of

those rare books with the power to create an experience in readers, one that can radically change their lives for the better.