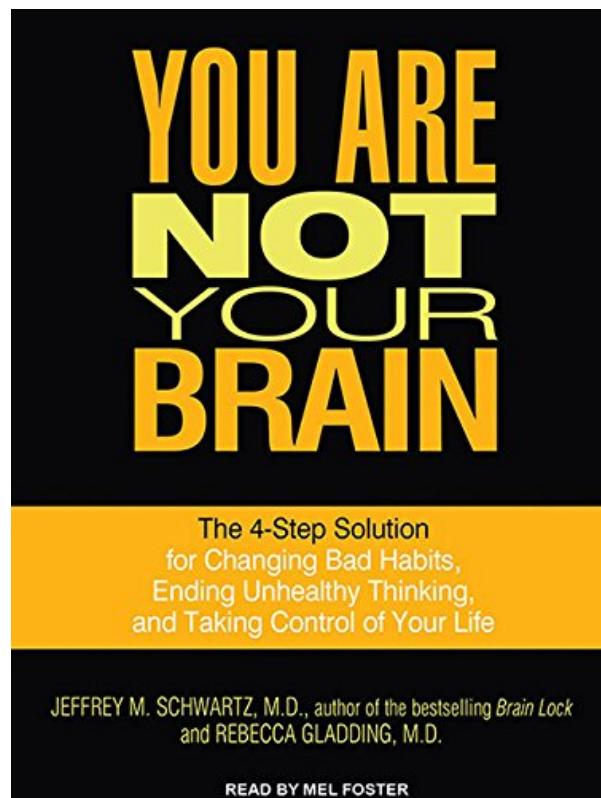


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# YOU ARE NOT YOUR BRAIN

The 4-Step Solution  
for Changing Bad Habits,  
Ending Unhealthy Thinking,  
and Taking Control of Your Life

JEFFREY M. SCHWARTZ, M.D., author of the bestselling *Brain Lock*  
and REBECCA GLADDING, M.D.

READ BY MEL FOSTER

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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 obsessive-compulsive disorder, 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 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 making your brain work for you-is to consciously choose to starve these circuits of focused attention, thereby decreasing their influence and strength. In *You Are Not Your Brain*, Schwartz and Gladding carefully outline their program, showing listeners 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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- Original language: English
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- Dimensions: 6.40" h x .90" w x 6.70" l, .73 pounds
- Running time: 12 Hours
- Binding: Audio CD

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163 of 169 people found the following review helpful.

**Powerful Books Shows How-to Self-Direct Your Life**

By Don

"Habitually dismissing and devaluing your true emotions and needs causes your brain to adopt unhealthy responses and to strongly discount much of the positive information about you that is coming in." -- Jeff Schwartz, MD, and Rebecca Gladding, MD

I was well aware for some months that Jeffrey Schwartz's new book (co-authored with Rebecca Gladding) was coming out. When I saw the package from amazon.com on my front porch last week, I quickly opened it. The reward circuit in my brain got activated as I held the hardcover book with bright yellow lettering that told me: **YOU ARE NOT YOUR BRAIN!**

Jeffrey Schwartz is a pioneer in the field of self-directed neuroplasticity, and his work with Obsessive Compulsive Disorder (as described in his book **BRAIN LOCK**) is highly regarded and used in clinics around the world. In this new book, Schwartz and Gladding have refined the 4-step method used in "Brain Lock" as well as expanded the scope of how it can be applied to lifestyle habits, addictions, and unhealthy thinking.

The 4-Step process is based on mindfulness. I found their revised process very clear and easy to grasp--and it can easily be used personally or by counselors, psychologists, and others to be shared with clients as a form of treatment. The 4-Step process includes 1) Relabeling (noticing thoughts), 2) Reframing (naming the brain's deceptive thought pattern to change your relationship to the thought), 3) Refocusing (placing awareness elsewhere), and 4) Revaluing (aligning with one's deeper values, or true self).



The book is a treasure trove of real-life case studies that demonstrate how Schwartz and Gladding used the 4-Step mindfulness process--and show how anyone can rewire their brain in this way. This is a step-by-step book that includes examples of charts and journaling methods that can help anyone track their movement toward wellness, clarity and purpose.

I highly recommend this book. It shows how to put the power of focus to work in a way that can change lives for the better. Thank you Jeff and Rebecca for sharing with all of us this very valuable and life transforming information!

13 of 13 people found the following review helpful.

Highly recommended in particular for anyone in recovery from PTSD and negative childhood messages

By Betty

While the authors don't specifically mention PTSD in this wonderful book it has been hugely helpful for me in understanding what is going on in my brain with the symptoms of PTSD from childhood trauma, and I would highly recommend it to anyone in recovery from post traumatic stress.

The understandings from this book have enabled me to rapidly see when my brain is sending messages that simply are not true in terms of my objective reality, and makes it much easier for me to redirect my attention to something that calms me down. I'm a long term meditator so do have a baseline level of mindfulness that folks new to the practice wouldn't have, but this book has taken my practice to a whole new level as I'm far less likely to be sucked into the unhelpful messages from my brain now that I really understand what's going on in there. It is so liberating to be able, for example, to be exposed to smells that in the past resulted in my brain going ballistic, without no more than the slightest hint of fear now. It is also incredibly liberating to be able to rapidly let my brain know that there is nothing to fear in situations that in the past I was seriously hijacked by the messages coming from my brain, and fear escalated rapidly to the point of me actually losing sight of the fact that my objective reality was totally safe in the moment.

Another benefit I've had from working with this book is that I am much less likely to be tipped out of my grounding when working with methods such as Wholebody Focusing to heal trauma. Where in the past I would have struggled to stay with intense emotions arising when working on my own because my brain was sending "there is something wrong" messages at a huge rate of knots, I can now rapidly tap into the understandings from this book and know that my "Uh Oh Centre" is sending false messages and I can bring my "Assessment Centre" (as the authors helpfully label different areas of the brain) online to calm things down, enabling me to stay with what is arising, which in turn enables my brain to process unresolved emotions from the past. This is powerful stuff.

The authors really made it clear that neuroplasticity (the brain's ability to change) is happening all the time, no matter what choices we are making. Each time we repeat an unskilful behaviour we thicken the associated neural networks. So the key is self-directed neuroplasticity, and that's what I've been seeing in abundance in my life since starting to work with this book. The authors stress that it's hard work to keep doing their four step process over and over but well worth it. I've found that the process can be expedited much more rapidly in many cases by combining the author's understanding with a self-help method known as EFT or Tapping (which in my opinion is one of the most powerful tools out there these days for tapping into self-directed neuroplasticity). I've seen rapid change in issues that have been stuck for a long time in my life through combining the learnings from this wonderful book with the EFT method.

I very much appreciate the authors having put this information into such a readable and useable format. This has been a life changing book for me and this review is being posted with a lot of appreciation for the powerful information it contains.

Update: While I learnt lots from this book, there has been a book published since which goes much more into the PTSD side and explains more about what this author calls "defective brain messages". I highly recommend the newer book "Sensorimotor Psychotherapy: Interventions for Trauma and Attachment" instead of this book now, for anyone with PTSD. It goes much further into the neuroscience behind PTSD, and explaining why we react the way we do; and has a much wider range of interventions than this book.

18 of 18 people found the following review helpful.

This book changed my life!!! BUY IT!!

By Joana

I stumbled upon this book on a forum for depression/anxiety and mental stress. Somebody there recommended it so I looked it up online , read about it and decided that for \$ 12 I should give it a try. THE BEST BOOK I HAVE EVER READ!!! If you suffer from any mental/emotional problems( like most people) please get this book.

I have read a lot of other books, about mindfulness alone or other books about anxiety/depression using mostly scientific explanations but none like this book. This book combines the useful tools of mindfulness , the psychology of human mind, the best most updated results of neuroplasticity that our today's technology has to offer.

I am sure most people had read books on this subject before but trust me, NONE like this one.

Dr. Jeffrey Schwarts is amazing. His book is so well written, simple to follow ,easy to understand and had lots of exercises and explanations.

This book really saved me. I am in a happy healthy marriage, with a wonderful husband, a great kid, a dog and a cat, living decently BUT I WAS NOT HAPPY ...and did not know why, so I drove myself crazy and allowed myself to drawn even deeper in the deceptive thoughts pool....

Please buy this book and stop blaming yourself or others if you are not who you want to be or where you want to be in life. I have cried numerous times while reading the book as I found myself in there.

The fact that they are using real people's dramatic stories makes it so much personal, nobody wants to feel that they are alone in feeling like this. It also shows what those people have to do, how and thoughts and advise from them to all of us who are trying to help ourselves.

I would recommend this book to anybody I know.

Thank you!

UPDATE: 10/16/2013

My above review still stand but I have something really important to add. After more turmoil and blood work I found out I have low levels of magnesium, iron , vit B12 and vit D. I started the supplements a few days ago and guess what?? I AM NORMAL AGAIN. I FEEL BETTER THEN EVER, I AM A NEW PERSON AND ALL THANKS TO MAGNESIUM AND IRON AND VITAMINS.... NO ANXIETY/PANIC/DEPRESSION/DISTURBANCES OF ANY KIND. I EVEN TRIED TO THINK OF SOMETHING THAT USUALLY MAKE ME ANXIOUS AND I JUST CAN'T GET ANXIOUS EVEN IF I WANT TO....AMAZING. I WANTED TO SHARE IT WITH EVERYBODY , I AM MAKING IT MY MISSION TO SPREAD THE WORD TO EVERYBODY THAT SUFFERS...PLEASE LOOK INTO IT!!!!!!THANK YOU

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