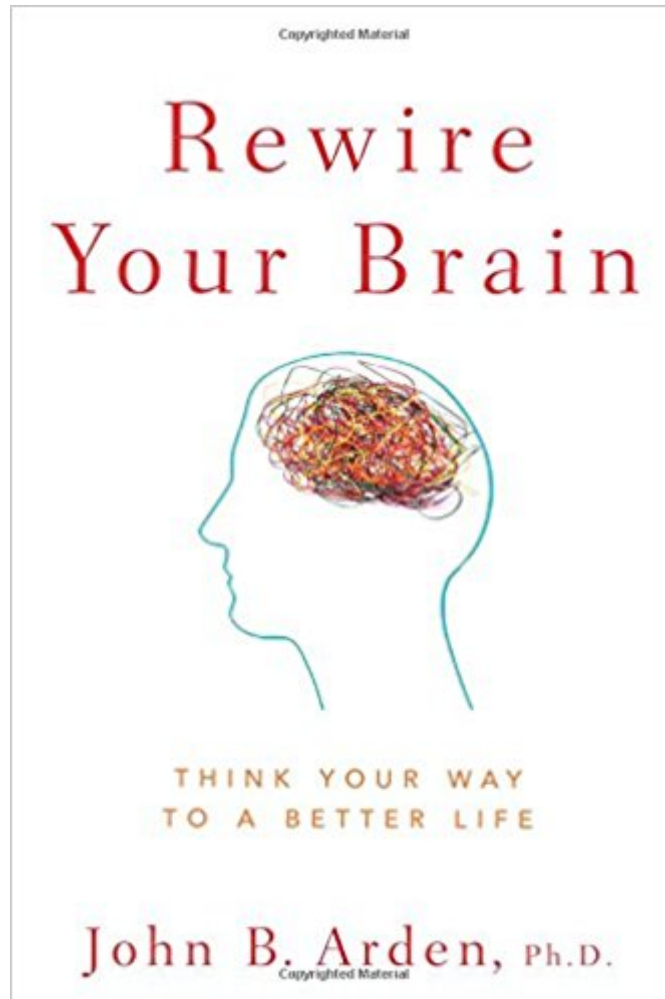


The book was found

Rewire Your Brain: Think Your Way To A Better Life



Synopsis

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.

Book Information

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Customer Reviews

"Rewire your brain" by Dr. Arden is a very worthwhile book to read and through this review, I hope to quickly explain the basis of the book while encouraging you to read it. First I will give a short overview of the whole book and then I will go into a detailed review of my favorite sections, finally finishing with some tips that I believe will make this read even more rewarding. I chose this book to read for my intro to neuroscience course expecting a technical book, although labeled "accessible" on the back cover review, written from a professional to other professionals. I was pleasantly surprised that this book was, in fact, accessible and was able to give me a lot of insight on how interconnected and changeable the brain is as well as practical ways I could apply this changeability to better my life. In all honesty, when I ordered this book, I only briefly scanned the description to make sure it had neuroscience concepts so that I could read it for my class. It wasn't until I received the book that I realized that it was a self-help book. Now after reading it, I would recommend this book to everyone, not only to those looking for help due to a difficult mental issue they are encountering. I am a biology and psychology undergraduate senior and have spent the past 5 years immersed in classes about neurons, psychological disorders, physiology, etc. but I was able to learn so much from this book. For example, I have heard all throughout my life that eating right and exercising are good for your brain, but I was never told a simple how. This book does this beautifully in my favorite section of the book. The style of the book was straight forward and simple. There were no long or complicated words outside of the neurological terms necessary.

This book looked interesting as the neural plasticity movement is something that has come along in recent decades, since I was trained in neurobiology, and wanted to find out more about it since I felt I was somewhat out of date on new developments. So I bought the book and brought it home. Then I looked at the back cover and it said the author was the "Director of Training in Mental Health at Kaiser Permanente." I almost threw the book away at that point, having rarely heard anyone say anything positive about Kaiser in the several decades I've been aware of them, and having read and heard a snoot full of negative stuff. But I started to read it anyway, and I'm glad I did. It's a useful, well written, and informative book on these new ideas related to rewiring your brain. The author does a fine job of explaining the relevant neurobiology without getting too technical, and perhaps even more importantly, explaining how these new scientific developments can be used to rewire your brain. Such recent findings as mirror neurons, spindle cells in the hippocampus, neurogenesis, brain nutrition, differences in the brain between men and women, and many other new findings, get discussed along with their implications for plasticity and rewiring. The book has a good chapter on

brain nutrition which has increasingly come to the forefront in recent years as a way to enhance brain function and prevent its deterioration in age, especially in the case of memory functions, so if you're into vitamins and supplements (or even if you're not), this might be the book for you. This book is packed with useful information, but I would point out that although this new knowledge about the plasticity of the brain has been called a "revolution," there's nothing really new here.

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