

[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 - pdf download free book

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Description:

Review For a more detailed description of the book's contents, read this reader's review on her website (we do not know her) :

From the Back Cover Advance Reviews

"Operating on the highly rational perspective that we are not our brains, but rather, substantial free agents who exercise control over our brains, Schwartz and Gladding develop a simple, yet profoundly insightful approach for developing a flourishing life. The result will bring healing and hope to all who read it."

--J. P. Moreland, author of *The God Question*.

"This book will be very helpful to those who want to improve their outlook and quality of life. As this book shows, and most every musician knows, *You Are Not Your Brain*. The Heart and the Spirit are the source of real creativity. The brain is a vehicle to express that creativity."

--Kenny Burrell, National Endowment for the Arts Jazz Master and Professor of Music and Ethnomusicology, UCLA

"Dr. Jeffrey Schwartz and Dr. Rebecca Gladding argue, persuasively, that the mind actually has massive causal effects on the functioning of the brain. In other words, you can not only change the way you think, feel and behave through conscious effort when you're upset, but you can also change the programming and chemistry of your brain. A compelling and important message."

--David Burns, M.D., author of *Feeling Good: The New Mood Therapy*

"Largely due to Jeffrey Schwartz and his UCLA research on neuro-plasticity and OCD treatment, the once revolutionary idea that we can systematically change our brains with our minds is now well accepted. Gladding and Schwartz adapt that program for a mainstream audience giving simple, self-directed tools to help achieve greater happiness, emotional balance, and overall well-being."

--Susan Kaiser Greenland, author of *The Mindful Child*

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