

"A simple, yet profoundly insightful approach for developing a flourishing life..."

—J. P. MORELAND, AUTHOR OF *THE GOD QUESTION*

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.

Jeffrey M. Schwartz

You Are Not Your Brain: The 4-Step Solution for Changing Bad Habits, Ending Unhealthy Thinking, and Taking Control of Your Life



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Schwartz works with psychiatrist Rebecca Gladding to refine an application that successfully explains how the brain works and why we often feel besieged by overactive brain circuits (i. A leading neuroplasticity researcher and the coauthor of the groundbreaking books *Mind Lock* and *YOUR BRAIN and the Brain*, Jeffrey M. Schwartz offers spent his profession studying the mind. He pioneered the 1st mindfulness-based treatment program for people experiencing OCD, teaching sufferers how exactly to achieve long-term relief from their compulsions. Two neuroscience professionals explain how their 4-Step Method might help identify negative thoughts and change negative traits for good. to make the human brain work for you—starve”) the key to making life adjustments that you need—e. is to consciously elect to “bad habits, public anxieties, etc. these circuits of focused attention, thus decreasing their influence and strength. *YOU AREN'T Your Brain* carefully outlines their plan, showing readers how exactly to identify bad impulses, channel them through the power of focused interest, and ultimately lead more fulfilling and empowered lives.



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Highly recommended specifically for anybody in recovery from PTSD and negative childhood messages. While the authors don't specifically mention PTSD in this great book, it has been hugely helpful for me in understanding the proceedings in my own brain with the symptoms of PTSD from childhood trauma, and I'd highly recommend it to anyone in recovery from post-traumatic stress. The understandings out of this book have enabled me to rapidly see when my human brain is sending messages that simply aren't true in terms of my objective reality, and makes it very much easier for me personally to redirect my attention to a thing that calms me down. I'm an extended-term meditator so do have a baseline degree of mindfulness that people new to the practice wouldn't have got, but this book has taken my practice to a whole new level as I'm much less likely to be sucked in to the unhelpful communications from my brain given that I really understand what's happening in there. It really is therefore liberating to be able, for example, to come in contact with smells that previously resulted in my human brain going ballistic, without no more than the slightest hint of dread now. Additionally, it is incredibly liberating in order to rapidly let my brain understand that there is nothing to dread in situations that in the past I was seriously hijacked by the communications coming from my brain, and dread escalated rapidly to the idea of me in fact losing sight to the fact that my objective fact was totally secure in the moment. It cheapens the message because it feels like it's hyping me up to the grand idea. If you don't believe me, watch some of his videos online. That is powerful stuff. Find on your own! The authors stress that it's effort to keep doing their four-step process again and again but well worth it. Am loving it. Best book and amazing price. The very best self-help book I have read by far. This book is for those who want to study how to control their brains in order to live an improved life and achieve bigger goals and dreams. Every time we do it again, an unskilful behaviour we thicken the associated neural networks. I've found that the process can be expedited much more rapidly, oftentimes, by merging the author's understanding with a self-help method referred to 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 conditions that have been stuck for a long time in my life through merging the learnings out of this wonderful publication with the EFT technique. I quite definitely appreciate the authors having placed these details into such a readable and useable format. This has been a life-changing book for me, and this review is being posted with a whole lot of appreciation for the powerful information it includes. It is an excellent stability of the "how" your brain functions and the "what" that you can do about it. I highly recommend the newer publication "Sensorimotor Psychotherapy: Interventions for Trauma and Attachment" rather than this book right now, for anybody with PTSD. It will go much further in to the neuroscience behind PTSD, and explaining why we react just how we do; Helps it be easier to determine which thoughts are "real" and which are simply your monkey human brain on auto-pilot. Highly recommended. This book was a saving grace for me. At a point in my life when a lot of things were falling apart at the same time, I was overwhelmed with so much negative self-chat, my psychological responses were uncontrollable, and I got no chance out except to cry continuously. I was discouraged and thought certainly I was going to lose my mind. Because you have believed doesn't make it accurate. The 4-step remedy has been the device I had a need to break through the neuro-cognitive routine of repetitive thoughts that were dominating for decades. This book is quite well written, straight forward, and conceptually very clear and solid. Five Stars. Was recommended to me and was an excellent book. strongly suggested :) Unexpected. Not what was expected. Great so far. Still reading this - very helpful advice to relax negative inner chatter made by your brain. It's worked like how I'd anticipate counseling to .. Other folks here have stated his other book is actually the same but better. This book is amazing. It's worked like how I'd anticipate counseling to function for me. This is a must-read for anyone who is ready to stop considering negatively or end a bad habit. Update: While I learnt lots out of this book, there has been a book published since which runs much more into the PTSD aspect and explains more in what this author phone calls "defective brain messages". It's very practical. Don't read

this publication if you aren't prepared to face your problems and make some adjustments. Guaranteed you changes if you need to!The authors really managed to get clear that neuroplasticity (the brain's ability to change) is happening constantly, regardless of what choices we have been making. There is no better publication than this one. Even if you are not evidently fraught by OCD, nervousness or additional symptoms, you start recognizing that things you are doing or avoiding have become habituated without your conscious decision.get the book! Let's take the scenic route Ok.Just be ready for the scenic route. This publication is a good book with good advice but it takes a loooooong time to reach the point. It feels as though it should've been probably about 4 chapters total and instead it continues on and to the point where it feels like a sales page.Another benefit I've had from dealing with this book is certainly that I am significantly less apt to be tipped out of my grounding when working with methods such as for example Wholebody Focusing to heal trauma. And when I finally reach the Four Techniques, there's increased sales pitching.. Well worth it as an instrument for progress As useful simply because you want to buy to be. I don't usually write reviews but I acquired to for this one. And stopping to take selfies along that scenic path often. Superb Bridge between Mindfulness and Cognitive Therapy The premise of the book is that as a child you developed unhealthy coping strategies that the human brain uses today even though there is absolutely no real dangerThe author lays out a straightforward 4 steep process for rewiring the mind so that it wont default to your son or daughter coping strategy. It's a long, long winded path.i have already been using the approaches for just a few weeks and I've noticed a slight decrease in the annoying repetitive worrying thoughts and maybe less cravings.i go through and enjoy mindfulness exercises but I also felt that my inner struggle didnt relent, This method bridges that gap of working on the personal and being mindful.Period will show how effective the strategy will end up being but my initial thoughts are hopeful. Maybe I should've picked that certain up instead. If you expect this to repair you it gained't. If you use it as an instrument to move towards a better place and teach the human brain new skills it really is an excellent source. Well worth your time and money! Therefore the key is definitely self-directed neuroplasticity, and that is what I've been seeing in abundance in my own life since starting to work with this book. The book I have looked for. This book is amazing. and includes a much wider range of interventions than this reserve. Want a sound brain... I would recommend you make a conscious decision: Read it and learn! Caroline Leaf 21 Days Mind Detox and I needed to find out more about the brain. I started with Dr. Dr. Jeffrey Schwartz is usually amazing. Where during the past I would have struggled to remain with intense feelings arising when working on my very own because my human brain was sending "there's something wrong" messages at an enormous rate of knots, I can now rapidly utilize the understandings out of this book and understand that my "Uh Oh Center" is sending false text messages and I can bring my "Assessment Center" (because the authors helpfully label different areas of the mind) online to calm points straight down, enabling me to remain using what is arising, which in turn enables my mind to process unresolved feelings from the past. It gives you wish that you could have a sound mind! Buy it! Highly recommend.



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