

UNF*CK YOUR BRAIN

**USING SCIENCE TO GET OVER
ANXIETY, DEPRESSION, ANGER,
FREAK-OUTS, AND TRIGGERS**

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Unfuck Your Brain: Getting Over Anxiety, Depression, Anger, Freak-Outs, and Triggers with science



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With humor, patience, research, and a lot of good-ole swearing, Dr. That's where this life-changing book comes in. Your brain knows it's bad to do these things, but it can't make it sometimes?especially if it's obsessing about trauma it can't conquer. Our brains perform their best to greatly help us out, but once in awhile they can be genuine assholes?having melt downs, getting addicted to points, or shutting down completely at the worst possible moments.A no-nonsense and helpful guideline on how to cope with a slew of mental-health issues that are hellbent on ruining the lives of thousands of people worldwide. Faith clarifies what's going on in your skull, and talks you through the process of retraining your brain to respond properly to the nonemergencies of everyday life, also to deal effectively with aged, or recently acquired, traumas (especially post-traumatic stress disorder).



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Insightful, Soul Searching, and Thought Provoking This book is about finding the real cause of your "uncomfortable" feelings, challenging you to examine things in your daily life. Once it is possible to identify the cause(s), after that you can begin to cope with it/them correctly, and start your own way to healing ????? Great content, very useful, too much cursing. Great book, great content material. It is my no means a cure all, but did motivate somewhat as i was reading it. It takes away from the idea occasionally. I expected more out of the book. When you can tolerate the language, and read between the lines then I definitely recommend it. This book has been very useful for me personally working through some of the trauma in my life. Very Helpful and Easy Continue reading Complex Psychological Concepts The author/doctor writes how I talk in every day life with many f-bombs and gritty analogies. She will a wonderful job providing a crash course on what somebody is going through when they are having panic attacks and then supplements facts with resources in case you wanted to learn more. I thought there would be more compound to it. Dr. If you are easily offended by language, this book isn't for you. I've used a few of the methods in this reserve and I trust what the writer/doctor is wanting to do, which is to help provide knowledge to individuals who feel lost. A must Got this for my boyfriend and we've been reading it collectively and it's a good reserve and interesting you find new reasons for having yourself and how to help yourself highly recommended Five Stars one f the best personal help books ever! Like and bought 4 copies to provide to others Helpful Book Humorous and engaging book. Right down to earth, insightful and actionable This is a well written, right down to earth book filled with to the brim with actionable advice located in sound science. Factual without the boredom. Waiting for the next book.! So very happy I bought this! I love that Faith is so confident in her function and eager to share it that she is willing to chat in a down to earth way about any of it. Captured reader's interest. ugg Book was okay but there was a lot of foul language in it that really didn't need to be there Disappointed Not what I was expecting based on the description. Harper does not over do it on the profanity but is extremely blunt and effective. Informative and hilarious! Enjoy it didn't conserve my life, nonetheless it gave me therefore much to take into account. Particularly in Faith's case, she's a female. Before you get upset and think I'm identity politics spazzing out, a white man autodidact from Kentucky with a lazy drawl has the same credibility challenge, and if you read the book, you'll understand why that is, partly, (short answer: the mind's cute labor keeping device of "associations"). Harper not merely demystifies why we obtain freaked out and why it is harmful to us, she also offers a wide variety of solutions from meds to meditation and acupuncture to therapeutic massage. This is an extremely systematic and thoughtful and sensible book. Great advice and with alot of humor. I experienced like I could trust Faith. I felt like she needed the best on her behalf visitors, including me. I sensed like it was helpful to me and will be helpful to others. Like this author. As somebody coping with so much, it had been very helpful. That can be risky for those who are not traditionally associated with super credibility. Good Love this publication . I appreciated reading it. Great read I loved it. Great Book! Hurry up and obtain that next book done. Im looking towards laughing and learning and taking pleasure in how exactly to be sane. Great read for anybody who has or wants to understand mental illness As someone who has suffered from depression for nearly 10 years, this book was refreshing. I'm very cyclical which helped me start to see the worth in therapy. A significant amount of cursing though.



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