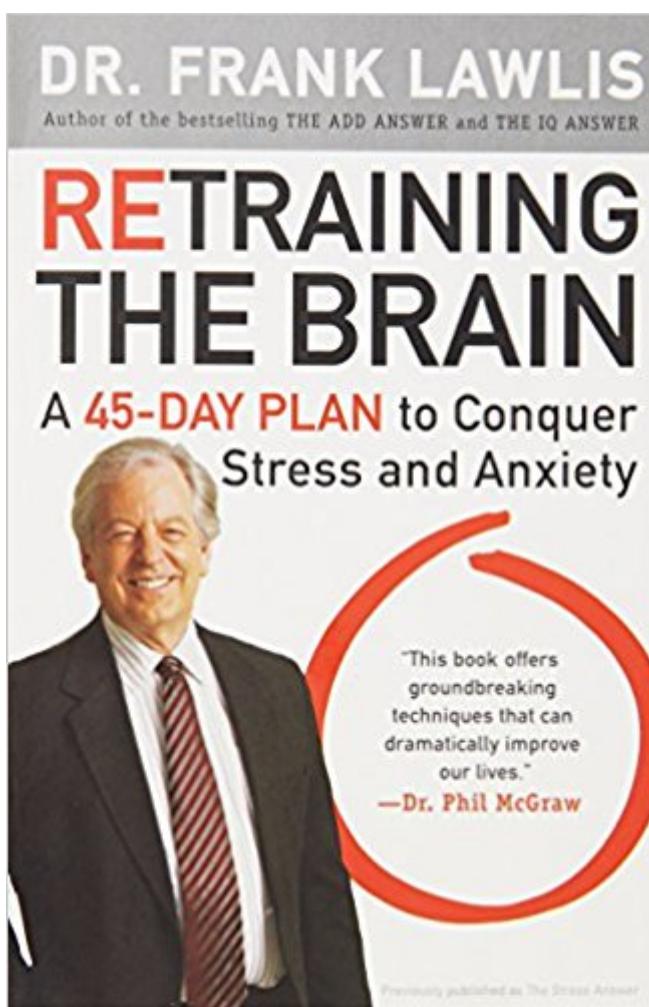


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# Retraining The Brain: A 45-Day Plan To Conquer Stress And Anxiety



## Synopsis

Stress relief that works from the New York Times bestselling author of The ADD Answer and the chief content advisor for the Dr. Phil show With his bestselling books, Frank Lawlis has brought psychological relief to millions. In his latest book, he addresses one of the most common challenges of everyday life - dealing with stress and anxiety. In Retraining the Brain, Dr. Lawlis clearly explains the neurological factors that make stress so traumatizing and lays out a powerful plan for changing our brains to improve the way we cope. The secret is to take advantage of our brain plasticity, our ability to essentially reprogram the way we think simply by following this forty-five-day program to change our behavior. Drawing on his work at his renowned clinic, Dr. Lawlis takes us through the different types of stressors and shows how we can apply the principles of brain plasticity to hardwire new, healthier response patterns. With its simple but effective exercises, Retraining the Brain offers an exciting new method for reducing stress and increasing our overall happiness.

## Book Information

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## Customer Reviews

"Offers groundbreaking techniques that can dramatically improve our lives." Dr. Phil McGraw  
"Creative approaches to healing the mind and improving our lives. Retraining the Brain has practical advice for dealing with everyday challenges and the emotional ruts that can keep a life in a repeating pattern of unhappiness. Give these suggestions a try and see for yourself how you can become a happier you." Daniel J. Siegel, M.D., UCLA Center for Culture, Brain and Development; author of The Mindful Brain and Mindsight"  
"Offers a brilliant and challenging departure

for understanding and treating stress and depression. By following this unique guide we learn how to use our brain to design strategies that unbind depression and engage our true character."â "John Chirban, Ph.D., Th.D., Harvard Medical School; author of *Sickness or Sin?, True Coming of Age, and What's Love Got to Do with It*"Provides a useful and effective answer to one of the modern world's most pervasive problems: stress and trauma. Retraining the Brain boldly integrates thinking from different disciplines into a solution to a common problem."â "Michael Wagner, Ph.D., United States Welcome Home Foundationâ œOne of the great breakthroughs in twenty-first century science is brain plasticityâ "the ability of the brain to organize itself as a result of experience. Dr. Lawlis, a pioneer in mind-body medicine, shows how this important discovery can help anyone cope with stress, which is epidemic in modern life. Retraining the Brain features cutting-edge science and down-to-earth advice that will help transform many lives toward greater joy and fulfillment.â •â "Larry Dossey, M.D., author of *The Power of Premonitions* and *Healing Words*

DR. FRANK LAWLISÂ is a renowned psychologist, researcher, and counselor with more than thirty-five yearsâ ™ experience working with families. He is the cofounder of the Lawlis and Peavey Centers for Psychoneurological Change and was named a fellow by the American Psychological Association. Dr. Lawlis is also the chief content adviser for the Dr. Phil Show.

Retraining the Brain: My husband read this book cover to cover while I was going through Chemo Therapy. He feels that it is a very informative book and has recommended it to others. It's helped him to understand some of the questions about how people think and why they do the things they do. I haven't read it yet, but intend to. He's convinced me to read. It's amazing, he says, how the brain functions.

This book is packed with great advice and insight. I look forward to reading more books by Dr. Lawlis and perhaps even buying one of his stress reduction programs. A must read for those with anxiety issues!

To be honest, I haven't gotten into the 45 day plan. First you have to read pages and pages of detailed explanation... and when you are already stressed and anxious, you don't have the patience or concentration to breeze through it. I'll keep working on it... audio books might have been a better choice.

Perfect

I found it a very interesting book, with a lot of good information. It hits on how to get along with people in your life. What you can do to make yourself a better and happier person. How to understand the things that go thru your head and help minimize them so that you can relax. A wonderful book to read over a number of times and highlight the things that pertain to you. I would recommend it to everyone, as there is something there for all.,

ok

I just now bought this book and I will update this review after I read it but I just wanted to offer some of the reviewers on here an idea that you may find helpful if you are suffering from depression or anxiety. Please check into neurofeedback. I was very sick in 2009 with anxiety and depression. I was not functioning at all and was, well, it wasn't good. I was looking into biofeedback when I found something I had never heard of called neurofeedback. It was a total surprise how quickly it pulled me out of the pit. Please google neurofeedback and see if it might help you. After I read this book I will review it as an edit to this page. Thank you and good luck.

Has some pearls of wisdom, but VERY hard to follow-and I am a Professor.

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