

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

By Jeffrey M. Schwartz, Rebecca Gladding MD

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**Two neuroscience experts explain how their 4-Step Method can help identify negative thoughts and change bad habits for good.**

A leading neuroplasticity researcher and the coauthor of the groundbreaking books *Brain Lock* and *The Mind and the Brain*, Jeffrey M. Schwartz has spent his career studying the human brain. He pioneered the first mindfulness-based treatment program for people suffering from OCD, teaching patients how to achieve long-term relief from their compulsions.

Schwartz works with psychiatrist Rebecca Gladding to refine a program that successfully explains how the brain works and why we often feel besieged by overactive brain circuits (i.e. bad habits, social anxieties, etc.) the key to making life changes that you want—to make your brain work for you—is to consciously choose to “starve” these circuits of focused attention, thereby decreasing their influence and strength.

*You Are Not Your Brain* carefully outlines their program, showing readers how to identify negative impulses, channel them through the power of focused attention, and ultimately lead more fulfilling and empowered lives.

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- Sales Rank: #9287 in Books
- Brand: Brand: Avery
- Published on: 2012-06-05
- Released on: 2012-06-05
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .97" w x 5.90" l, .90 pounds
- Binding: Paperback
- 384 pages

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## **Editorial Review**

### **Review**

"A testament to mind over brain ... It's the truth of the matter that sheer willpower can truly make you break free."

—Leonardo DiCaprio

"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 is truly life-giving, and it will bring healing and hope to all who read it and practice its wisdom."

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

"How can the brain, which is just a complex network of interconnected nerve cells, give rise to consciousness and to thought? 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*

"The idea that we can deliberately and systematically change our brains with our minds was once thought ridiculous. But now, largely due to Jeffrey Schwartz and his UCLA research on neuro-plasticity and OCD, this once revolutionary idea is well accepted. Rebecca Gladding and Jeffrey Schwartz adapt Schwartz's extraordinarily successful 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*

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***

#### About the Author

Jeffrey M. Schwartz, M.D., is a research psychiatrist at UCLA School of Medicine and a seminal thinker and researcher in the field of self-directed neuroplasticity. He lives in Los Angeles. Rebecca Gladding, M.D., is a psychiatrist specializing in anxiety and depression. She recently was Medical Director of the UCLA Adult Inpatient Eating Disorders Program. She lives in Los Angeles.

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##### **Joyce McDonald:**

This You Are Not Your Brain: The 4-Step Solution for Changing Bad Habits, Ending Unhealthy Thinking, and Taking Control of Your Life book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book will be information inside this book incredible fresh, you will get information which is getting deeper you actually read a lot of information you will get. That You Are Not Your Brain: The 4-Step Solution for Changing Bad Habits, Ending Unhealthy Thinking, and Taking Control of Your Life without we comprehend teach the one who reading it become critical in imagining and analyzing. Don't become worry You Are Not Your Brain: The 4-Step Solution for Changing Bad Habits, Ending Unhealthy Thinking, and Taking Control of Your Life can bring once you are and not make your handbag space or bookshelves' turn into full because you can have it in the lovely laptop even mobile phone. This You Are Not Your Brain: The 4-Step Solution for Changing Bad Habits, Ending Unhealthy Thinking, and Taking Control of Your Life having very good arrangement in word and layout, so you will not truly feel uninterested in reading.

##### **Mark Shanks:**

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