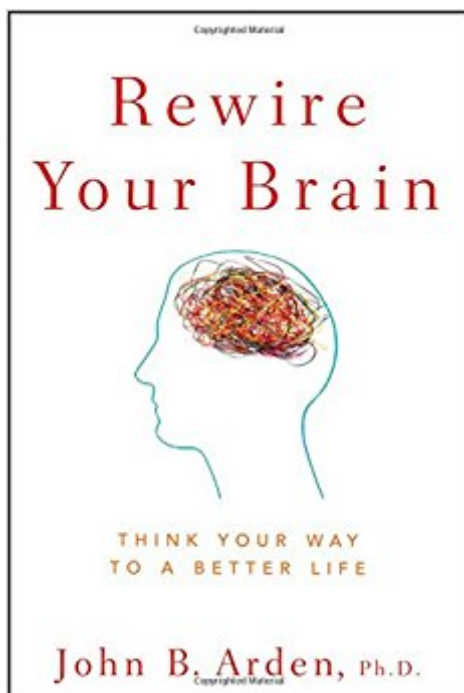


The book was found

# Rewire Your Brain: Think Your Way To A Better Life



## Synopsis

How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be "hardwired" to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: Brain-Based Therapy-Adult, Brain-Based Therapy-Child, Improving Your Memory For Dummies and Heal Your Anxiety Workbook Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, Rewire Your Brain will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

## Book Information

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## Customer Reviews

“At last, a practical book that not only brings us up to date with the latest developments in neuroscience but also gives tools and techniques to help ‘rewire the brain’ and maximize the brain’s potential. A fascinating and inspirational book.”  
• Jane Stephenson, JSA  
Seminars Dublin, Ireland “Dr. Arden paved the way for brain-based therapy and what the brain can do. It’s refreshing, practical and innovative.”  
• Kit S. Ng, PhD, Director, Asia Institute of Professional Psychology, Singapore “In Rewire Your Brain Dr. John Arden goes on an exciting quest for your mind. If you would like to learn more about Mindful Attitudes and Brain-based therapies, you definitely need to read this book.”  
• George Dinchev, Owner of <http://psychology-bg.com> the psychology in Bulgaria and SEE Region  
“Concomitantly with growing professional recognition of the importance of integrating advancements in neuroscience into clinical practice, books such as Rewire Your Brain make this innovative information accessible to the general public, thereby providing readers with practical guidelines to enhancing their wellbeing. It is a valuable contribution indeed.”  
• Avigail Moor Ph.D., Clinical Psychologist, Tel Hai College, Israel  
“Once I started to read Rewire Your Brain, it was hard to stop. John Arden has a gift for making complicated and advanced scientific findings interesting and easy to understand. I have not been reading much about brain structures, processes, and neurotransmitters since studying first year psychology almost 30 years ago, a time when the knowledge in this field was quite rudimentary. Rewire Your Brain presents old knowledge and concepts together with results of new research in a way that gives you an updated insight in how we are wired. Even more important, it gives hope and practical advice for both therapists and their patients, but also for healthy individuals who want to improve their memory, mood, or bad habits!”  
• Per A Straumsheim, Special Advisor, Norwegian Psychological Association  
“Dr. Arden tells us all about the brain in an accessible way, he even animates it in some way, in contrast to brain researchers who investigate the brain like a lifeless mechanism. In order to maintain an active and flexible brain, the author shows practical ways of neuropsychologically-competent mastery of brain. Therefore the book is free of theoretical abstractions, scientific dryness, and haughtiness.”  
• Gayane Shaverdian, Ph.D. Chair and Professor of the Department of Applied Psychology, Yerevan State University, Armenia  
“This book speaks of a universal language that breaks cultural borders. People from the West will have a better understanding of early Asian therapies and why it is effective; while those from the East will appreciate the contribution of modern Western health perspectives. It gives a scientific explanation of how therapies like meditation, chi-gong, exercise,

hypnosis and other non-traditional healing interventions can affect health and longevity. It will certainly rewire the mindsets of many public readers. • Isabel Echanis-Melgar, PhD., Chair, Committee on Clinical Psychology, Psychological Association of the Philippines

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"Rewire your brain" by Dr. Arden is a very worthwhile book to read and through this review, I hope to quickly explain the basis of the book while encouraging you to read it. First I will give a short overview of the whole book and then I will go into a detailed review of my favorite sections, finally finishing with some tips that I believe will make this read even more rewarding. I chose this book to read for my intro to neuroscience course expecting a technical book, although labeled "accessible" on the back cover review, written from a professional to other professionals. I was pleasantly surprised that this book was, in fact, accessible and was able to give me a lot of insight on how interconnected and changeable the brain is as well as practical ways I could apply this changeability to better my life. In all honesty, when I ordered this book, I only briefly scanned the description to make sure it had neuroscience concepts so that I could read it for my class. It wasn't until I received the book that I realized that it was a self-help book. Now after reading it, I would recommend this book to everyone, not only to those looking for help due to a difficult mental issue they are encountering. I am a biology and psychology undergraduate senior and have spent the past 5 years immersed in classes about neurons, psychological disorders, physiology, etc. but I was able to learn so much from this book. For example, I have heard all throughout my life that eating right and exercising are good for your brain, but I was never told a simple how. This book does this beautifully in my favorite section of the book. The style of the book was straight forward and simple. There were no long or complicated words outside of the neurological terms necessary. The author would begin each section with a story of a patient he had worked with and then continued with how each topic affects the brain and how use this knowledge to our advantage. There were 9 chapters in this book covering basic neuroplasticity, anxiety, depression, memory, healthy eating, exercise and sleep, the benefits of social interactions, resiliency, and attention. I will go into more detail on a few of my favorite chapters below.

CH 1: Firing the right cells together This section is essentially the meat of the whole book. Here the author introduces the concept of a changeable brain and what this means to us. He describes how the different parts of the brain function, how neurons work, and how neuroplasticity occurs. Due to the content of this section, you may think that this part of the book would be more of a textbook type read, however that is not the case whatsoever. Dr. Arden

manages to keep this section simple and interesting. He even throws in some fun facts that I really enjoyed about how a woman's brain and a man's brain differ. Here is one example: "Since woman's brains have a better connection between the two hemispheres ... words often carry more emotional meaning for women than they do for men." I definitely see this amongst the couples that I know. The most important part of this chapter is where the author introduces his method of how to rewire the brain. He uses a method he calls FEED, in which you focus, take effort to change, reach effortless, and finally are determined to stay in practice. This is explained very well and is followed up with a short example that allows you to relate this method to everyday life.

### CH 2: Taming your Amygdala

The chapter is the anxiety section, a section that I think everyone can relate to very well since I'm sure everyone has experienced some type of anxiety at some point in their life. Dr. Arden draws you into this section by beginning with a story about a patient of his with public speaking anxiety. This was a perfect way to begin this chapter because not having any fear associated with public speaking is, I'm sure, a very small minority. That there is a way to stop this fear is very exciting because public speaking is something that has to be done all throughout life, from school to the workplace. The author then goes on to explain how anxiety negatively affects the brain and also how to moderate this anxiety. As it turns out, a common theme in rewriting the brain is to do the thing you don't want to in a method of "challenging the paradox": "Challenging the paradox involves doing away with avoidance and replacing it with exposure". In his theory, the more you expose yourself, the less anxiety you will experience.

### CH 5 Fueling your brain and CH 6 Exercise and Sleep

If you have no interest in any other parts of this book, I would recommend getting this book just for these 2 chapters. These were by far my favorite chapters of this book. As I talked about before, you always hear how eating right, exercising, and getting enough sleep is good for your body. But Dr. Arden goes one step further and actually explains why this is, down to the chemicals and parts of the brain involved. I won't go into any detail since I don't want to ruin the fun of reading these chapters, but trust me, they are fascinating.

Although this book was mostly easy to read, there were parts of the book that I found myself quickly scanning over because of the use of technical language, particularly in regards to the different parts of the brain. In some sections, the author would introduce many parts of the brain at once and this barrage of abbreviations could get overwhelming. While reading, I kept thinking that I wished I had made a quick list of different parts of the brain so that I could easily refer to it. A tip I would give to make this book even more rewarding would be to keep a sheet of paper or an index card near you when reading, even during the first chapter. Each time a part of the brain is introduced, jot it down with its basic function, what side of the brain it's in, what topic it influences, and what changes it. Then if this part is talked about again,

add the new information to the list. This way you have a sort of cheat sheet for quick reference while you read the book and even after. By combining readability, relatable passages, and fascinating content, Dr. Arden creates a book that I believe everyone would benefit by reading. In fact, I am planning on re-reading this book while taking my own advice of making a so called cheat sheet so that I can get everything I can out of this book. So to end, I just wanted to say that even while I wrote this review, I used Dr. Arden's method of FEED. As he tells you in the attention section, it is important to focus when you are trying to attend to something. I took to heart this advice and tried my best to focus by turning off my TV and closing my internet browsing windows, and of course was able to write this review faster and in a more organized way than if I hadn't.

Author John Arden, Ph.D, is also the director of training in Mental Health for Kaiser Permanente in Northern California. His background makes him abundantly qualified to create a book with the objective of helping people "rewire" their brains. It's a tall, difficult, and very challenging order, but the book's content makes it possible. John anecdotally illustrates the effectiveness of his F.E.E.D. method for helping people overcome their thinking based difficulties through stories about his patients. This rather simple system of altering behavior consists of four steps: focus, effort, effortlessness, and determination. Focus is the ability to pay attention to situations without distraction. Effort is equated with actions and behaviors which help you change the things you habitually do, or how you naturally think. Effortlessness is the desired condition in which you have trained yourself through repetition to do things instinctively. Determination means simply staying in practice by engaging in beneficial actions again, and again, until they become natural. Now that you know what the book is about, be forewarned: it's peppered with a lot of neuroscientific lingo. Don't let that dissuade you from reading it - every field has it's own lexicon, and if you are interested in the brain and how it operates, this book will help you build the vocabulary you need to communicate accurately and intelligently with other brainiacs. I found the sections on memory, nutrition, sleep, social medicine (in particular relationship attachment styles) to be eye-opening. Because all of us need to rewire our brains in some way, at some point, this book will provide you with deeper insight into your own thinking process, as well as that of others. Most importantly, it will provide you with excellent instruction on how to change the way you think, and think your way to a better life in the process.

Based on a recommendation from my physical therapist, regarding my severe PTSD, I read, Rewire Your Brain: Think Your Way to a Better Life by John B. Arden PhD. I read every chapter like it was a

lesson plan to continue my life in the style I enjoy. I took in his suggestions as homework, and I completed all of it like my life depended on it. My friends and family who see me on a regular basis have volunteered their opinion that I look, "110% better". Even my husband gave me a hug this morning and said, he's so happy I'm getting better so quickly. Thank you so much Dr. Arden. I'm telling everyone I come across about your book, and I continue to implement it into my everyday life.

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