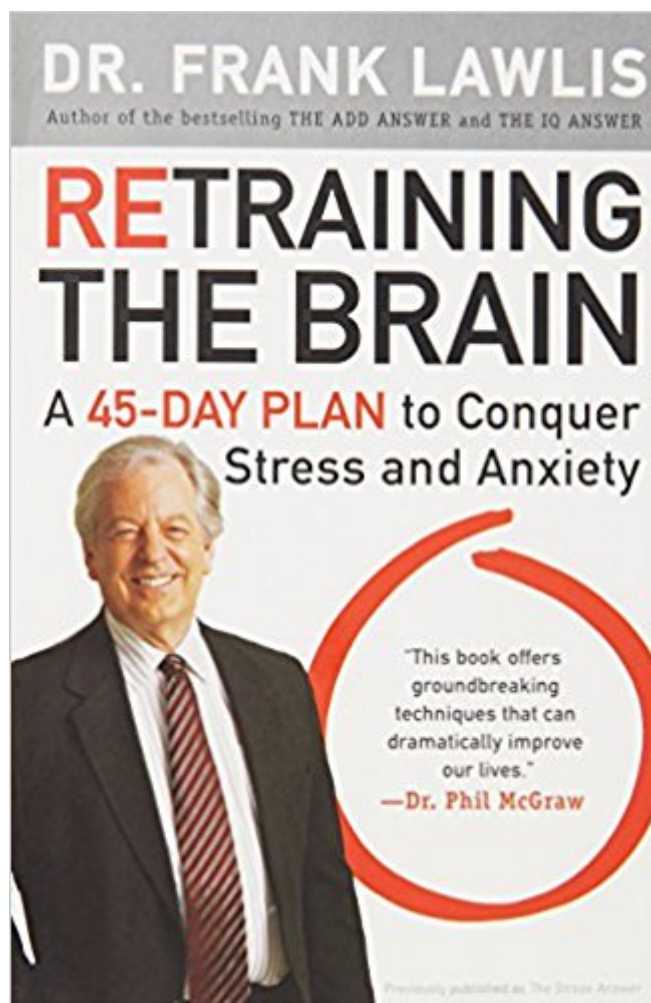


The book was found

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

Paperback: 304 pages

Publisher: Plume; 8/30/09 edition (September 29, 2009)

Language: English

ISBN-10: 0452295629

ISBN-13: 978-0452295629

Product Dimensions: 5.2 x 0.6 x 8 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 127 customer reviews

Best Sellers Rank: #14,314 in Books (See Top 100 in Books) #22 in [Books > Self-Help > Anxieties & Phobias](#) #30 in [Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders](#) #54 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Neuropsychology](#)

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." — 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." — Michael Wagner, Ph.D., United States Welcome Home Foundation — "One of the great breakthroughs in twenty-first century science is brain plasticity — 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." — Larry Dossey, M.D., author of *The Power of Premonitions and Healing Words*

DR. FRANK LAWLIS is a renowned psychologist, researcher, and counselor with more than thirty-five years' 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.

[Download to continue reading...](#)

Retraining the Brain: A 45-Day Plan to Conquer Stress and Anxiety
Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways)
Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain)
Cognitive Behavioral Therapy: Techniques for Retraining Your Brain, Break Through Depression, Phobias, Anxiety, Intrusive Thoughts (Training Guide, Self-Help, Exercises)
Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers)
101 Ways to Conquer Teen Anxiety: Simple Tips, Techniques and Strategies for Overcoming Anxiety, Worry and Panic Attacks
Anxiety: Rewire Your Brain to Overcome Anxiety, Stop Panic Attacks and Relieve Stress (Mindfulness Book 2)
Magical Swear Word. Adult Coloring Books: Relaxation and Stress reduction: 30 Stress Relieving Magical Sweary Designs : flowers,

mandalas, patterns. ... Anxiety and Stress (Swear Word Coloring Book) Positive Thinking: Conquer Negativity and Maximize Your Potential; Strategy Guide to Permanently Conquer Negativity and Negative Self-Talk With the Power of Positive Thinking CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. Born to Conquer and Other Short Stories: Born to Conquer, Clouds on the Circle P, An Evening's Entertainment, Ride the River, The Stranger Conquer Your Year: The Ultimate Planner to Get More Done, Grow Your Business, and Achieve Your Dreams (The Conquer Series) Anxiety Cure Secrets: 10 Proven Ways to Reduce Anxiety & Stress Rapidly Retraining Cognition: Techniques and Applications Anxiety: Rewire Your Brain Using Neuroscience to Beat Anxiety, Fear, Worry, Shyness and Panic Attacks The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Instant Help) Indigo Dreams: Relaxation and Stress Management Bedtime Stories for Children, Improve Sleep, Manage Stress and Anxiety (Indigo D Meditation Techniques: Complete Guide to Relieving Stress, Mindfulness, Happiness and Peace (Meditation Made Easy For Beginners, How To Reduce Stress, Anxiety, Restore Confidence and Inner Peace) Mindfulness: A Step-By-Step Beginners Guide on Living Your Everyday Life with Peace and Happiness by Becoming Stress Free (Buddhism - Stop Your Worries, ... Your Stress and Anxiety with Meditation) The Adult Coloring Book for Relaxation Featuring Purses, Bags and Totes: An Anti-Stress Coloring Book for Grownups with Women's Fashion Accessories, ... Stress Reducing, and Anxiety Relief)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)