
Rewire Your Anxious Brain How To Use The Neuroscience Of Fear To End Anxiety Panic And Worry

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[How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry](#) Charlie Creative Lab

Author of the viral Medium piece, "Poor and Traumatized at Harvard," Due Quach shares her Calm Clarity program to show readers how to deal with toxic stress and adversity. We often don't realize how much control we have over our thoughts, feelings, and actions--on some days, the most minor irritation can upset us, but on others, we are in our best form and can rise to challenges with grace. These fluctuations depend on the neural networks firing in our brains, and we have the power to consciously break hardwired thought patterns. Due Quach developed an intimate understanding of the brain during her personal

journey of healing from post-traumatic stress disorder. According to Quach, people function in three primary emotional states: Brain 1.0, Brain 2.0, and Brain 3.0. In Brain 1.0, people act out of fear and self-preservation. Brain 2.0 involves instant gratification and chasing short-term rewards at the expense of long-term well-being. Brain 3.0 is a state of mind that Quach calls "Calm Clarity," in which people's actions are aligned with their core values. As Quach confronted PTSD and successfully weaned herself off medication, she learned how to activate, exercise, and strengthen Brain 3.0 like a muscle. In Calm Clarity, she draws on the latest scientific research and ancient spiritual traditions alike to show us how we too can take ownership of our thoughts, feelings, and actions in order to be our best selves.

How to Stop the Cycle of Anxiety, Fear, and Worry New Harbinger Publications
Rewire Your Anxious Brain How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry New Harbinger Publications Incorporated
[Using CBT, Neuroscience, and Mindfulness to Help You End Anxiety, Panic, and](#)

Worry New Harbinger Publications
You Are About To Understand How To Effectively Rewire Your Brain To Conquer Your Fears, Anxieties, Worries And Phobias Based On The Latest Research In Psychology And Neuroscience On Neuroplasticity And Evidence Based Practices! Life can be stressful at times. With so many things demanding for our constant attention these days and society somewhat expecting us to be perfect in literally everything, fear, worry, anxieties, stress and other emotions are a likely response for many of us. How do we cope with some of these emotions, especially if they just don't seem to be going away? How do we rise above our fears, phobias, worries, anxieties and inner insecurities so that we move forward in life and perhaps take advantage of the opportunities right before us? How is it even possible to find happiness when these emotions seem to be crippling us to the point of not being about to move forward? While there exists many strategies out there, the most effective, and the one thing that has lasting effects is to **REWIRE YOUR BRAIN!** As Albert Einstein aptly put it, "We can't solve problems by using the same kind of thinking we used when we created them." This means developing a new way of thinking so that we can rise above the fears, phobias, anxieties, worries and other emotional problems that we are struggling with or that are holding us back. This is simply another description for "rewiring our brain"! Do you wish to rewire your brain to ensure fear, anxieties, phobias and worries don't have any control over you? Do you want to move to a new way of thinking where the things that stress, worry or give you anxieties and trigger your phobias don't have any effect on you? If you answered

YES, this book will show you the A-Z of rewiring your brain so that in the end, you do anything and everything without any inhibitions by rewiring or activating the parts of the brain that have been under-activated and calming down those parts that have been hyper-activated so that! By implementing what's taught in this book, you will feel positive about your life, fear, anxiety, worry, and phobias won't have any hold on you, you will remain calm in the midst of stressful times, have a better memory, be able to have a stable mood and much more! Everything discussed here is backed by science! In this book, you will learn: The root cause of anxiety, fear, worry, phobias and related emotions as well as how they affect different body systems and organs negatively so that you understand why you need to act NOW How to leverage the power of CBT to neutralize our fears, anxieties, worries, phobias and more by simply changing how we perceive and react to different triggers How to do the unthinkable to desensitize yourself from all these negative emotions to ensure they have lesser effect on you How to calm down, rewire/retrain your amygdala and cerebral cortex fast to see a massive change in how you respond to fears, anxieties, phobias and bring healing for different health mental conditions How one part of the brain may be the secret to dealing with your fears, worries, phobias and anxieties for good and how to use that part to achieve unbelievable results 10 secret strategies that will make all the above even more effective And much more! Don't settle for less because of your fears, worries, phobias and anxieties. Click Buy Now With 1-Click or Buy Now to begin rewiring your brain!
The Wisdom of Anxiety Independently Published

Use developments in neuroscience to rewire your brain and free yourself from the chains of anxiety, shyness and panic attacks. If anxiety dictates the way you live your life and you are ready to make a change and take charge of your life, this book will help you overcome anxiety. Fear and the amygdala have been studied since the 1800s, with scientists making a connection between the two. Both the brain and fear are complex, and the studies continue today. It turns out the finding in the 1800s was true, and the amygdala does play a significant role in emotion known as fear. To complicate matters even more, fear is a state, and you can feel it to different degrees. These range from mild worry, anxiety, fear, and panic. However, not all of these are related to the amygdala, the first two, worry and anxiety are actually linked to the prefrontal cortex. This is a fairly new finding, but something that has been studied by neuroscientists ever since its discovery. Fear is an intense emotion that can take many different forms, including both anxiety and panic disorders. Even though they can both be debilitating, it is possible to use the brain's own fear response to rewire it. This is possible because over time the brain has been conditioned to react a certain way to both real and perceived threats. So, just as it learned to this the first time, it can learn to do it again, in a way that is not harmful. Fear takes two different paths in the brain, with different techniques that correspond with the two. So it is important to be knowledgeable about different brain functions and how to improve and develop them. This the key to releasing the grip fear has on you and your brain. You will learn about: Fear and the brain Different forms of fear/anxiety Anxiety and panic How to retrain the brain Techniques Common mistakes and how to avoid them and much more!

How to reshape your anxious mind and brain New Harbinger Publications

Do you want to know the reason why you become anxious? Do you want to recover from anxiety and avoid suffering from it in the future? If yes, then keep reading. It's not enough to know that you are ailing from

anxiety. It's just as important to understand how your anxiety came about. The following are some of the causes of stress. It would help if you were in perfect health to lead a healthy life and achieve your important life goals. Without health, you are pretty much done for. Thus, when you develop a condition that is hugely detrimental to your physical health, you may find yourself developing anxiety. For instance, if you acquire an incurable disease, the idea that you won't overcome this disease may embitter your spirit and cause you to become anxious. It is essential to remind yourself that you will overcome whatever physical ailment you find yourself struggling against in order not to develop negative thoughts that usually mature into anxiety. You must remember that anxiety is a perfectly normal biological response. This response has helped us survive the threat of extinction. When we find ourselves in a situation that causes us to be anxious, our brain figures out that we need to either fight or flee and as a result, it causes our heart to beat more rapidly, thus sending blood to all the critical muscles to enable our fight or flee response. This

book covers: Anxiety in your Brain The Root of Anxiety Cognitive Distortion Generalized Anxiety Disorder Bipolar Disorder Borderline Personality Disorder Obsessive Compulsive Disorders And much more! If you want to stay healthy and avoid anxiety in your life, buy this book and discover how you can do it! So what are you waiting for? Scroll up and click "Buy Now" at the bottom

Declutter Your Anxious Mind, Stop Overthinking and Switch on the Brain. How to Control Your Thoughts, Reduce Stress and Anxiety with Mindfulness and Build Self Discipline New Harbinger Publications

In *Healing from Depression*, Douglas Bloch shares his struggle to stay alive amidst overwhelming despair and out-of-control anxiety attacks, and explains how the power of prayer and other holistic approaches ultimately led to his recovery. As one of the millions of Americans who suffer from depression, Bloch could not be helped by so-called "miracle" drugs. Therefore, he had to seek out conventional and alternative non-drug methods of healing. The result is a 12-week program that combines his inspirational story with a comprehensive manual on how to diagnose and treat depression, offering new hope and practical strategies to everyone who suffers from this debilitating condition. Complete with worksheets and goal sheets to customize individual plans, *Healing from Depression* is an accessible self-guided program for managing and recovering from

depression. Acclaimed as a "life-line to healing," this important book stresses the importance of social support, on going self-care activities like relaxation, nutrition, exercise, prayer, meditation, support groups, therapy and keeping a daily mood diary and gratitude journal.

[Rewiring Your Brain for Happiness](#)
New Harbinger Publications

Anxiety can control your life with a tight grip. Get yourself free with these exercises and worksheets designed to help you identify, manage, and ultimately calm your anxiety, be it stress that ebbs and flows or constant, chronic panic. Work through this book either by itself or as a companion to Dr. Faith G. Harper's bestselling *Unfuck Your Anxiety*. Figure out the history of your anxiety and how and when it makes itself known, and learn basic tools for surviving moments of panic as well as longer-term problem solving.

[4 Book in 1: How to Use Neuroscience and Cognitive Behavioral Therapy to Declutter Your Mind, Stop Overthinking and Quickly Overcome Anxiety, Worry and Panic Attacks](#) Instant Help Books

Based on cutting-edge neuroscience and research, *Rewire Your Anxious Brain* offers a unique, evidence-based solution to overcoming anxiety. In this book, you'll discover how anxiety is created in your brain, as well as tips and exercises to put you in control of your anxious thoughts and reactions.

Don't Feed the Monkey Mind Simon and Schuster

THE NUMBER 1 INTERNATIONAL BESTSELLER 'Holds the key to easing the mental torture of those who have endured a lifelong struggle with the symptoms of acute and chronic anxiety. A unique book by a unique doctor' IRISH TIMES A practical guide to understanding, managing and overcoming anxiety and panic attacks by bestselling author and GP Harry Barry. Do you or does someone you love suffer from general anxiety, social anxiety, panic attacks, a phobia, obsessive-compulsive disorder or post-traumatic stress disorder? Or are you a health-care worker treating people with these disorders? Then this book is for you. Dr Harry Barry combines a deep knowledge of the inner workings of the mind and brain with a wealth of experience treating patients as a GP to offer a way out of the fear, worry and shame of anxiety. In this wise, supportive book, Dr Barry explains clearly and simply what it is about our minds and brains that generates the symptoms of anxiety. Through a series of case studies based on his real-life experiences treating patients, he explains and demonstrates how to use lifestyle changes, mindfulness, exercise and CBT techniques to cope with these symptoms and ultimately feel better. Previously published as *Flagging Anxiety: How to Reshape Your Anxious Mind and Brain*, this edition has been fully revised and updated.

Anxiety New Harbinger Publications Incorporated
Quickstart guide to Rewire Your Anxious Brain
What is going on inside your brain at the time you feel anxiousness wash over you or freeze in a

sudden panic? In this action-oriented guide based on proven neuroscience techniques, you'll learn a unique, evidence-based solution to rapidly stop anxiety in its tracks and restore a calm disposition. In this book, you will learn how the various parts of your brain such as the cortex and amygdala are the key components in the neuropsychology that underlies conditions like anxiety. Your amygdala can trigger anxiousness when responding to fear, causing an intense emotional state you may not even understand. The cortex, on the other hand, is the part of the brain responsible for ruminating, worrying, obsessing, and dwelling on things whether doing so is useful or not. In this book, you'll learn a step by step technique to manage fear by tapping into these crucial pathways in the brain. Give yourself the gift of understanding how and why your brain creates anxiety. Doing so will empower you to overcome it. Your brain is incredibly powerful, and the more you understand it, the more you can change it to respond in ways that are useful and improve your life. Using this actionable technique, you will learn to literally "rewire" the anxious

brain processes that have held you back for far too long! Learn how to successfully rewire your anxious brain when you grab this guide now!

How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry Microcosm Publishing

It's time to outsmart your worry and anxiety. Drawing on the same cutting-edge psychology presented in author David Carbonell's *The Worry Trick*, this irreverent, on-the-go guide offers ten powerful "counter-intuitive" strategies to help you put worry in its place—anytime, anywhere. Anxiety is a powerful force. It makes us question our decisions and ourselves, worry about the future, and it fills our days with dread and emotional turbulence. But what if we understood that anxiety is merely a trick of the mind, trying to convince us we're in danger? Anxiety is like a magician behind the curtain, playing subtle tricks on us to convince us that we're in danger when we're not. When we understand this, we can observe our anxious feelings with some distance. Based on the author's popular book, *The Worry Trick*, this helpful and humorous guide identifies the "trick" of chronic anxiety, and provides the ten

most powerful techniques based in acceptance and commitment therapy (ACT) and cognitive behavioral therapy (CBT) to help you respond differently to panic, anxiety, worry, and phobias. Once you learn to respond differently to the worry trick, you'll be able to break the cycle of chronic anxiety for good. Instead of trying to "manage" your anxiety or push anxious thoughts away—techniques that you've probably already discovered don't work—the ten powerful strategies outlined in this guide will empower you to actually change how you respond to worry and anxiety, so you can get your life back!

[Hosting a Library Mystery](#) W. W. Norton & Company

Anxiety is natural. Calm is learned. If you didn't learn yesterday, you can learn today. It's not easy, of course. Once your natural alarm system is triggered, it's hard to find the off switch. Indeed, you don't have an off switch until you build one. *Tame Your Anxiety* shows you how. Readers learn about the brain chemicals that make us feel threatened and the chemicals that make us feel safe. You'll see how your brain turns on these chemicals with neural pathways built from past experience, and, most important, you discover your power to build new pathways, to enjoy more happy chemicals, and reduce threat chemicals. This

book does not tell you to imagine yourself on a tropical beach. That's the last thing you want when you feel like a lion is chasing you. Instead, you will learn to ask your inner mammal what it wants and how you can get it. Each time you step toward meeting a survival need, you build the neural pathways that expect your needs to be met. You don't have to wait for a perfect world to feel good. You can feel good right now. The exercises in this book help you build a self-soothing circuit in steps so small that anyone can do it. Once you learn how it's done, and how it can help ease your anxiety, you will learn how to handle situations in which you feel threatened or anxious. Understanding the underlying mechanisms will help you stop them before they get ahead of you.

Rewire Your Anxious Brain Vdz

Our brains are doing our best to help us out, but they can be real assholes sometimes. Sometimes it seems like your own brain is out to get you—melting down in the middle of the grocery store, picking fights with your date, getting you addicted to something, or shutting down completely at the worst possible moments. You already told your brain firmly that it isn't good to do these things. But your brain has a mind of its own. That's where this book comes in. With humor, patience, and lots of swearing, Dr. Faith shows you the science behind what's going on in your skull and talks you through the process of retraining your brain to respond

appropriately to the non-emergencies of everyday life. If you're working to deal with old traumas, or if you just want to have a more measured and chill response to situations you face all the time, this book can help you put the pieces of the puzzle together and get your life and brain back. Here's an excerpt from the book: Knowing what's going on up in your brain is HUGE. So much of how we interact with the world around us is a completely normal response when we take into account our past experiences and how our brains work.

- Freaking the fuck out
- Avoiding important shit we need to take care of
- Feeling pissed off all the time
- Being a dick to people we care about
- Putting shit in our bodies that we know isn't good for us
- Doing shit we know is dumb or pointless

None of these things are fucking helpful. But they all make sense. Your brain has adapted to the circumstances in your life and started doing things to protect you, bless it. It's not TRYING to fuck you over (even though it totally is, at times). As we navigate the world, nasty shit happens. The brain stores info about the nasty shit to try to avoid it in the future. Sometimes these responses are helpful. Sometimes the responses become a bigger problem than the actual problem was. It's called a trauma reaction. And even if you aren't dealing with a specific trauma? Adaptive coping strategies, bad habits, and funky behaviors all wire in similar ways. And research is showing that these issues are actually some of the easier ones to treat in therapy ... if we address what's really going on, rather than just the symptoms.

Rewire Your Anxious Brain: How to Use the Neuroscience of Fear to End Anxiety, Panic and Worry

Independently Published

"If you are Interested in Developing Healthy Habits, Controlling your Emotional Habits to Stop Overthinking, Reducing Stress and Controlling Your Anxiety, and Mood Disorder; Overcoming Negativity Better Managing Your Feelings, and much more, then keep reading..."

Rewiring your brain implies that the connections or links between neurons in your brain are transforming. Everything we learn is stored in the brain, and the brain can't store information if it doesn't physically change in some (usually routine) way. In this sense, your brain is constantly being rewired. This book will make you understand more, the concept of brain rewire; the benefits and advantages brain rewiring provides, and how it generally works. This book enriches you with: the fundamentals of rewiring your brain, achieving success with brain rewiring, and stopping overthinking with brain rewire. This book provides a solid foundation for those who want to develop healthy habits, control their emotions, overcome their anxiety, and mood disorder thorough brain rewiring. Occasional anxiety is an expected part of life. You might feel anxious when faced with a problem at work, before taking a test, or before making an important decision. But anxiety disorders involve more than temporary worry or fear. For a person with an anxiety disorder, the anxiety does not go away and can get worse over

time. The symptoms can interfere with daily activities such as job performance, school work, and relationships. There are several types of anxiety disorders, including generalized anxiety disorder, panic disorder, and various phobia-related disorders. The book goes deeply into responding to every inquiry you may have about brain rewiring, from various perspectives to make you have full insight and comprehension of the subject matter.

Neuroplasticity is fundamentally "the capacity (of the brain) to change its structure and capacity in light of experience."

Neuroplasticity has become a trendy expression in scientific and psychology circles, just as outside of them, promising that you can rewire your brain to improve everything from health and mental prosperity to personal satisfaction. This book talks about the science of neuroplasticity as it shares more light into the revolution of neuroplasticity and how you can outsmart your brain with neuroscience. The content of this book includes: Brain Fitness And Alzheimer Disease Rewire Your Brain, Body, And Soul With Subliminal Messages The Universe Inside Your Brain Rewire Your Brain To Overcome Break Up Stress Rewire Your Brain To Change Emotional Habits Train Your Brain To Quit Overthinking The Ten Fundamentals Of Rewiring Your Brain Optimize Your Brain - Practice Mindfulness Feed Your Brain - Keep Your Mind Your Brain On Yoga - Proven Positive Impacts How To Get Rich Rewiring Your Brain Rewire Your Brain To Overcome Insomnia Three Ways To Rewire Your Brain In One Day How To Quickly Rewire Your

Brain To Achieve Maximum Prosperity
The Science Of Neuroplasticity
The Neuroplasticity Revolution
How to Use Neuroscience to Stop
Overthinking, Anxiety, and Worry
Anxiety and Mood Disorder
Anger Management
At the end of this book, you will know how to use your brain more effectively and win in all ramifications through brain rewiring.

Taming the Mind Nicolas-Hays, Inc.

Rewire the brain processes that cause obsessions and compulsions—and take back your life! If you've ever wondered why you seem to get trapped in an endless cycle of obsessive, compulsive thoughts, you don't have to wonder anymore.

Grounded in cutting-edge neuroscience and evidence-based cognitive behavioral therapy (CBT), *Rewire Your OCD Brain* will show you how and why your brain gets stuck in a loop of obsessive thinking, uncertainty, and worry; and offers the tools you need to short-circuit this response and get your symptoms under control—for good. Written by clinical psychologist Catherine Pittman and clinical neuropsychologist William Youngs, this groundbreaking book will show how neurological functions in your brain lead to obsessions, compulsions, and anxiety. You'll also find tons of proven-effective coping strategies to help you manage your worst symptoms—including relaxation, exercise, healthy sleep habits, cognitive

restructuring, cognitive defusion, distraction, and mindfulness. The brain is powerful, and the more you work to change the way you respond to obsessive thoughts, the more resilient you'll become. If you're ready to rewire the brain processes that lie at the root of your obsessive thoughts, this book has everything you need to get started today.

Tame Your Anxiety New Harbinger Publications

Are you feeling tired? Do you think you're a victim of bad circumstances and you don't understand how you can get back on your feet? What if I tell you that you have the ability to have complete control over your emotions and how you react to certain situations? The emotions you feel daily can be so strong as to shake your mind, and so devious as to reprogram your subconscious, without you doing anything, without giving you the opportunity to notice anything. I'm sure that you've been facing negative events several times and that these events have subsequently been linked to other negative events, generating in you a certain sense of despair, anxiety, fear, helplessness. These feelings are rooted in you without you being able to do anything and you find yourself at the mercy of emotions that you might not want to have. It is done at a subconscious level, you don't have to think

about what to feel, you just do it. This guide has been written to help you transform your life by rewiring your brain. To see the positive in life by changing the way you think, the way you react to situations and even your general way of life. Positive affirmations included in this guide will also help you to be a better person each day. By changing your mindset using effective affirmations, you'll notice positive changes starting to take place in your life in as early as day one! Here is a summary of what this book entails; Change is possible, embrace change Retune your life by changing bad habits and bad actions Create an inspiring space by cutting down on clutter Have vision by using imagery and imagination Reconstruct your attitude towards things, people and life Appreciate nature Beat that unending procrastination The power of positive affirmation What happens when you have read and internalized the contents of this guide? It will happen that you start to see your life from a completely different point of view. You will find that learning to master your mind can lead you to greater success, better finances, friendships and stronger relationships. Ultimately, you will discover that you are the master of an extraordinary mind, whose power is still ignored by 99% of people. Being grateful for what you have on a daily basis, and through the powerful affirmations you will find in this book, you will discover how the failures of your life will turn into opportunities for growth and you will find yourself much more relaxed, productive and smiling. In the end, I really believe that it is a book that should be read, not because I wrote it, but because every day I receive the appreciation of dozens of people who through these teachings have given an important turn in their lives. And what do you want to do? Give yourself a chance, all you have to do is scroll up to click on the "BUY NOW WITH 1-CLICK" button! And if you buy the Paperback version, you get the Kindle for free!

Harnessing the Power of the Most Misunderstood Emotion
Spring
Ruby Wax - comedian, writer and mental health campaigner - shows us how our minds can jeopardize our sanity. With her own periods of depression and now a Masters from Oxford in Mindfulness-based Cognitive Therapy to draw from, she explains how our busy, chattering, self-critical thoughts drive us to anxiety and stress. If we are to break the cycle, we need to understand how our brains work, rewire our thinking and find calm in a frenetic world. Helping you become the master, not the slave, of your mind, here is the manual to saner living.

Anxiety and Panic John Wiley & Sons

Do you want to learn how to improve your life? Do you want to learn how to change the way your brain thinks? Brain plasticity, also known as neuroplasticity, is a term that refers to the brain's ability to change and adapt as a result of experience. **REWIRE YOUR BRAIN** tackles the topic of neuroplasticity from a unique viewpoint. It provides you with a foundational understanding of the science behind this phenomenon. Reading the book, you will learn about: What neuroplasticity means How the brain supports the phenomenon of neuroplasticity Mental clutter and how to get rid of it Methods to get rid of the overthinking menace Practical tips on dealing with negative emotions Systems of rewiring your mindset to a positive mental state Ways to trigger your positive moods Habits that hinder your progress towards your goals and how to get rid of them Exercises that you can incorporate to increase mindfulness How to live optimally regardless of your current circumstances How to boost your self-esteem How to increase your levels of self-confidence The steps to take to attain your life

goals You will learn how to improve your life by tapping into the power of the science of neuroplasticity. You will learn how to trigger the formation of neural networks in your brain that supports your life goals. The book shares with you tips that you can use to get rid of negative emotions, for example, anxiety and regret. You will find practical steps that you can incorporate daily to build habits, which can help you on the journey of reshaping your life. The tips in the book will help you take control over your life by using the methods it shares to control your thought processes. You will learn how to tap into the power of positive thoughts to achieve your goals in varying aspects of your life. You will find tools that you can utilize individually or in group settings to encourage positive habits. The tips in the book will help you develop your roadmap to your personal and professional goals. The information the book shares on how your brain works, to support habits, will provide you with tools that you can use on the path to your goals. The book will help you identify triggers in your environment that can shift your mindset to negativity. It then provides you with tools

to use to move from negativity to a place of positivity. Those who are prone to overthinking will find the book useful in teaching how to deal with the mindset that underlies such thought processes. You will learn how to remove negative thinking from your mindset. The book also shares tips on how you can redirect your thought processes. It shares detailed practical exercises, which you can use to reach your intended goals. The book shares tips on how to achieve an optimal life that you can align with your core values. You will learn how to rewire your brain to achieve your targets. You will learn how to take advantage of positive moods to trigger the type of neuroplastic changes you want in your life. The book explains the bridge between science and the practical exercises you can take to reshape your life practically towards your overall goals. Are you ready? What are you waiting for? Don't wait any longer! Scroll to the top of the page and get your copy today by clicking the BUY NOW button!

Rewire Your Brain Sounds True
The instant New York Times bestseller A step-by-step plan clinically proven to break the cycle of worry and fear that drives anxiety and addictive habits We are living through one of the most anxious periods any of us can remember. Whether facing issues as public as a pandemic or as personal as having kids at home and fighting the urge to reach for the wine bottle every night, we are feeling overwhelmed and out of control. But in this timely book, Judson Brewer explains how to uproot anxiety at its source using brain-based techniques and small hacks accessible to anyone. We think of anxiety as everything from mild unease to full-blown panic. But it's also what drives the addictive behaviors and bad habits we use to cope (e.g. stress eating, procrastination, doom scrolling and social media). Plus, anxiety lives in a part of the brain that resists rational thought. So we get stuck in anxiety habit loops that we can't think our way out of or use willpower to overcome. Dr. Brewer teaches us map our brains to discover our triggers, defuse them with the simple but powerful practice of curiosity, and to train our brains using mindfulness and other practices that his lab has proven can work. Distilling more than 20 years of research and hands-on work with thousands of patients, including Olympic athletes and coaches, and leaders in government and business, Dr. Brewer has created a clear, solution-oriented program that anyone can use to feel better - no matter how anxious they feel.

**Rewire Your Brain Using
Neuroscience to Beat Anxiety,
Fear, Worry, Shyness and Panic
Attacks** New Harbinger
Publications

Do you ever wonder what is happening inside your brain when you feel anxious, panicked, and worried? In *Rewire Your Anxious Brain*, psychologist Catherine Pittman and author Elizabeth Karle offer a unique, evidence - based solution to overcoming anxiety based in cutting - edge neuroscience and research.