



Rewire Your Brain: Think Your Way to a Better Life

By John B. Arden

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Rewire Your Brain: Think Your Way to a Better Life By John B. Arden

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.

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Editorial Review

Review

“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 Straumshheim, 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**

Review

From the Back Cover

If you want to change your life, you need to change your brain.

"Dr. Arden paved the way for brain-based therapy and what the brain can do. It's refreshing, practical, and innovative." —Kit S. Ng, Ph.D., Director, Asia Institute of Professional Psychology, Singapore

"Rewire Your Brain translates fascinating developments in neuroscience into a powerful and practical guide to lasting change in our lives." —Liz Sheean, Editor, Psychotherapy in Australia

Once thought to be "hard-wired," the brain is actually "soft-wired" by experience—meaning it is possible to rewire parts of your brain to improve everything from your mood and your memory to your relationships, sleeping habits, and more. *Rewire Your Brain* guides you through this breakthrough process, revealing how to minimize your anxiety and enhance your brain's longevity in order to live a vibrant life free of self-imposed limitations. Written by Dr. John Arden, a leader in the field of brain-based therapy, this accessible guide addresses the recent advances in neuroscience and explains exactly how to apply them to specific areas of your daily life. You'll discover how to:

- Develop mental connections that promote good habits and shut off those that support bad habits
- Quiet your brain, conquer fear, and approach life courageously
- Become calm, energized, and focused by making new connections between your neurons
- Improve and expand your relationships

Users Review

From reader reviews:

Amber Payne:

Do you considered one of people who can't read satisfying if the sentence chained in the straightway, hold on guys this kind of aren't like that. This Rewire Your Brain: Think Your Way to a Better Life book is readable by you who hate those straight word style. You will find the information here are arrange for enjoyable reading through experience without leaving perhaps decrease the knowledge that want to give to you. The writer of Rewire Your Brain: Think Your Way to a Better Life content conveys objective easily to understand by lots of people. The printed and e-book are not different in the content but it just different by means of it. So , do you continue to thinking Rewire Your Brain: Think Your Way to a Better Life is not loveable to be your top record reading book?

Juana Rummel:

Spent a free time to be fun activity to try and do! A lot of people spent their down time with their family, or their very own friends. Usually they performing activity like watching television, gonna beach, or picnic

within the park. They actually doing same task every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? May be reading a book may be option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to test look for book, may be the guide untitled Rewire Your Brain: Think Your Way to a Better Life can be good book to read. May be it can be best activity to you.

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Rachel Addison:

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