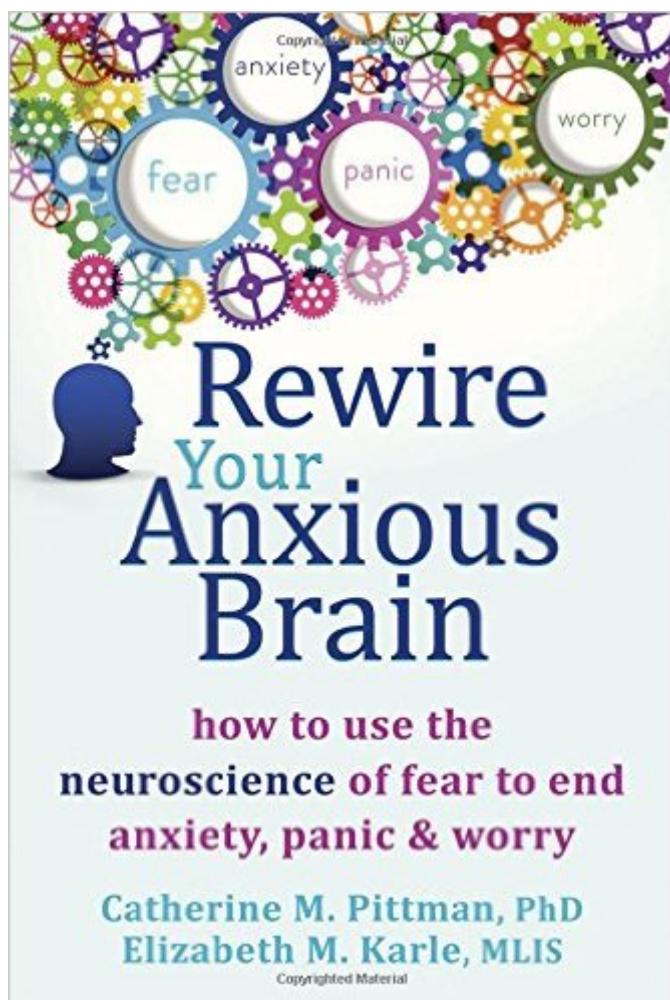


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# Rewire Your Anxious Brain: How To Use The Neuroscience Of Fear To End Anxiety, Panic, And Worry



## Synopsis

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. In the book, you will learn how the amygdala and cortex (both important parts of the brain) are essential players in the neuropsychology of anxiety. The amygdala acts as a primal response, and oftentimes, when this part of the brain processes fear, you may not even understand why you are afraid. By comparison, the cortex is the center of worry. • That is, obsessing, ruminating, and dwelling on things that may or may not happen. In the book, Pittman and Karle make it simple by offering specific examples of how to manage fear by tapping into both of these pathways in the brain. As you read, you'll gain a greater understanding how anxiety is created in the brain, and as a result, you will feel empowered and motivated to overcome it. The brain is a powerful tool, and the more you work to change the way you respond to fear, the more resilient you will become. Using the practical self-assessments and proven-effective techniques in this book, you will learn to literally "rewire" the brain processes that lie at the root of your fears.

## Book Information

Paperback: 232 pages

Publisher: New Harbinger Publications; 1 edition (January 2, 2015)

Language: English

ISBN-10: 1626251134

ISBN-13: 978-1626251137

Product Dimensions: 0.5 x 5.5 x 8.8 inches

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

Average Customer Review: 4.4 out of 5 stars • See all reviews (25 customer reviews)

Best Sellers Rank: #27,932 in Books (See Top 100 in Books) #37 in Books > Self-Help > Anxieties & Phobias #50 in Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders #90 in Books > Health, Fitness & Dieting > Psychology & Counseling > Neuropsychology

## Customer Reviews

If you are looking for a book that is just going to provide strategies for how to overcome anxiety, this is probably not the book for you. However, if you are interested in both the neuroscience behind stress and anxiety and learning techniques to cope with those responses, then this is an excellent

volume to read. Personally, I agree with the authors that it is often easier to overcome stress when you actually know and understand what is happening to your brain, and how it can manifest itself in physical ways. And while this book is very detailed, I think the authors did a good job of keeping everything easy to understand. Numerous types of stress are discussed in this book, including the reasons that these types of stress occur and what parts of the brain are responsible for your response. If you're anything like me, you are constantly trying to make logical sense out of your worry, but I learned from this book that there may not always be a logical reason behind your anxiety. In fact, you may not ever really know why you certain situations, thoughts, sounds, smells, etc., can trigger an episode of panic. The good news is that you don't have to know. The authors go into great detail to describe techniques that you can use to essentially rewire your brain to avoid having stress responses. The book mainly discusses the two different parts of the brain that deal with fear and stress, the amygdala and the cortex. The amygdala is basically your body's natural fear response system. Your amygdala often works without your ever knowing it, such as when you are driving and instinctively swerve out of the way to avoid hitting another car. The cortex, on the other hand, deals with worry and obsessive thoughts.

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