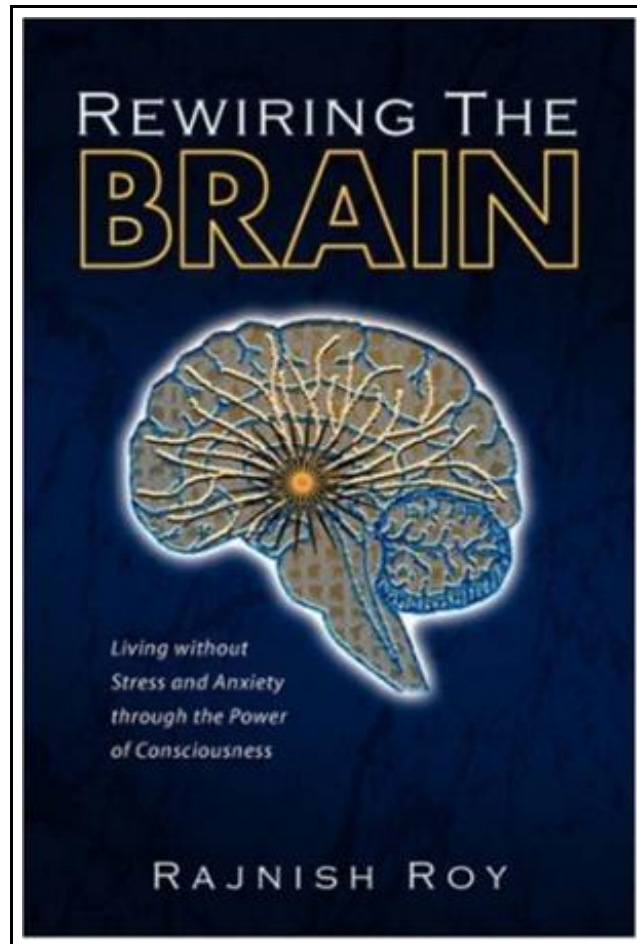


Rewiring the Brain: Living Without Stress and Anxiety Through the Power of Consciousness



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(Prof. Douglas Grady)*

REWIRING THE BRAIN: LIVING WITHOUT STRESS AND ANXIETY THROUGH THE POWER OF CONSCIOUSNESS



Xlibris Corporation. Hardcover. Book Condition: New. Hardcover. 260 pages. Dimensions: 9.0in. x 6.0in. x 0.8in. Rewiring the Brain is not just another book on stress. It explores a daring and innovative path to accessing the power of consciousness as a more effective and lasting solution to tackle stress and emotional afflictions. The present remedies, such as drills of positive thinking and self-hypnosis through beliefs, accrue only temporary solace and euphoria that wear off sooner than expected. Also our reasoning power is not able to rein in the unyielding force of negative emotions that fuel stress and depression. Hence, this book pursues a new approach. It outlines also certain ways that slow down aging process and enhance memory, attention span, and emotional equilibrium. The book is a fascinating journey to the inner world of self-its constructs of emotions, thoughts, and memories-to discover why one behaves the way one does. We go through myriads of joys and sorrows in the long course of life, but hardly have the patience to pause and ponder over the reasons that make them. Does it matter Yes, much more than perhaps one realizes. Stress should not be seen as an isolated issue. It betrays the quality of individual self in its ceaseless action of living. We have one and only life-the most precious thing we happen to possess, and it is but natural that we struggle hard to do our utmost to make it a wonderful experience. Stress, in its overt or covert forms, works as a persistent factor that undermines the spontaneity, joy, and beauty of life. In this competitive and complex world, one faces countless factors of stress that are unavoidable and immutable, including illness, accident, or death. There are some other factors that can be altered through efforts, which play a more decisive role...



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