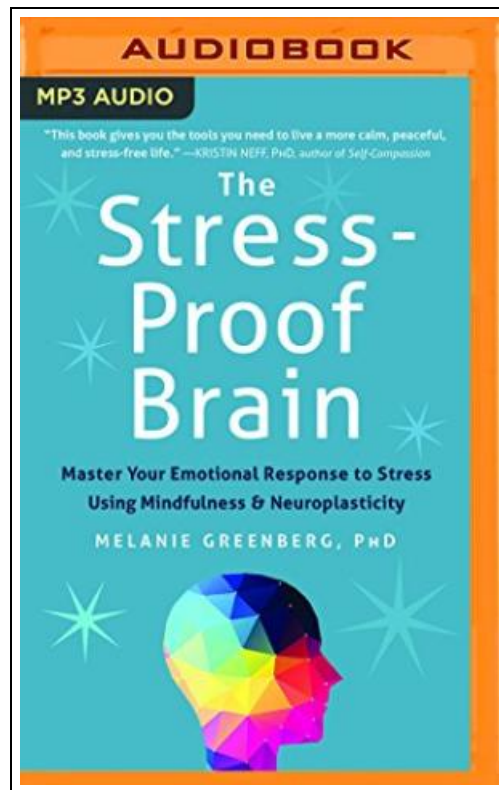


The Stress-Proof Brain: Master Your Emotional Response to Stress Using Mindfulness and Neuroplasticity



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Reviews




An extremely wonderful book with perfect and lucid explanations. This really is for those who stutte that there had not been a worth reading. Your way of life span will be convert when you comprehensive reading this book.
(Effie Douglas)

THE STRESS-PROOF BRAIN: MASTER YOUR EMOTIONAL RESPONSE TO STRESS USING MINDFULNESS AND NEUROPLASTICITY



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BRILLIANCE AUDIO, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Modern times are stressful--and it s killing us. Unfortunately, we can t avoid the things that stress us out, but we can change how we respond to them. In this breakthrough book, a clinical psychologist and neuroscience expert offers an original approach to help readers harness the power of positive emotions and overcome stress for good. Stress is, unfortunately, a natural part of life--especially in our busy and hectic modern times. But you don t have to let it get in the way of your health and happiness. Studies show that the key to coping with stress is simpler than you think--it s all about how you respond to the situations and things that stress you out or threaten to overwhelm you. The Stress-Proof Brain offers powerful, comprehensive tools based in mindfulness, neuroscience, and positive psychology to help you put a stop to unhealthy responses to stress--such as avoidance, tunnel vision, negative thinking, self-criticism, fixed mindset, and fear. Instead, you ll discover unique exercises that provide a recipe for resilience, empowering you to master your emotional responses, overcome negative thinking, and create a more tolerant, stress-proof brain. This book will help you develop an original and effective program for mastering your emotional brain s response to stress by harnessing the power of neuroplasticity. By creating a more stress tolerant, resilient brain, you ll learn to shrug off the small stuff, deal with the big stuff, and live a happier, healthier life.

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