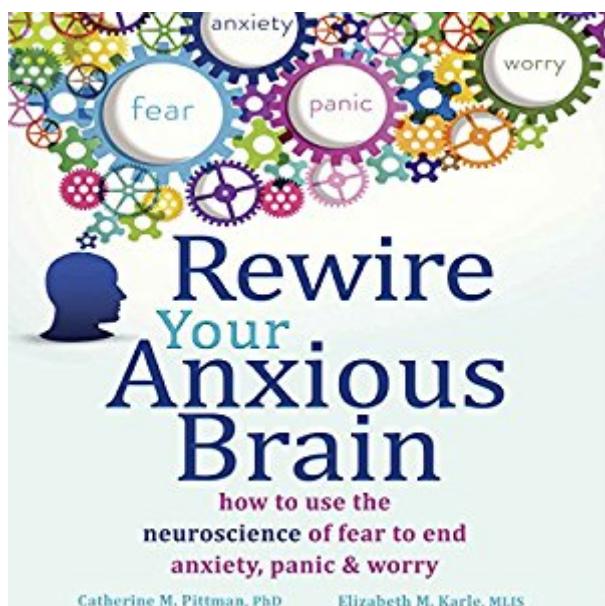


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# Rewire Your Anxious Brain: How To Use The Neuroscience Of Fear To End Anxiety, Panic, And Worry



## 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 this audiobook 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. Pittman and Karle offer simple, specific examples of how to manage fear by tapping in to both of these pathways in the brain. As you listen, you'll gain a greater understanding of 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

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## Customer Reviews

Though somewhat repetitive, this book is easy to read and clearly explains the basic neurobiology of fear, worry, anxiety, panic, and related conditions such as PTSD and OCD. Drawing on research by Joseph Ledoux and others, the book highlights the central role of the amygdala (the brain's primitive and subconscious 'fear center'), which receives surprisingly scant attention in many other

books on this topic. In my opinion, understanding the underlying biology is very helpful, if not essential. The book also provides helpful evidence-based guidance on techniques to prevent or reduce the intensity of anxiety and related conditions. The key techniques are:- Get good sleep, aerobically exercise daily, and eat a healthy diet.- Breathe from the diaphragm/belly, which apparently activates the parasympathetic nervous system and thus counters activation of the sympathetic nervous system resulting from fear.- Remind yourself that thoughts and images are not reality and may be mistaken.- Disrupt problematic thoughts and images via distractions, play, music, and positive thoughts and images.- Mindfully 'defuse' from problematic thoughts, images, and sensations, and instead just 'be' in the present moment, calmly observing all that is happening without any need to interpret or respond in any way.- Meditate, including mindful meditation.- Deliberately and repeatedly expose yourself to the situations which generate unwarranted fear, in order to rewire the amygdala to no longer subconsciously associate those situations with fear. This can be an uncomfortable experience, but accept the discomfort and know that it will pass, and absolutely do not flee from the situations, because doing so will strengthen the fear. I highly recommend this book to anyone dealing with excessive worry, fear, anxiety, and related conditions.

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. For example, your cortex is to blame when you are constantly worrying about a possible outcome that will likely not occur. You may have one or both of these types of stress, and the authors provide useful “exercises” that can be used to deal with both of these types of stress. If you’re reading this review, I’m guessing that you probably don’t care about all of these details though, right? What you really want to know is if the methods in this book really work. I think they could certainly help many individuals who suffer from stress and anxiety. These authors give insightful strategies to help with different types of stress responses, all of which are based on years of research. Your stress isn’t going to go away overnight having read this book, but it certainly may help you learn to cope with your anxiety when it does occur. Disclosure: I received a free copy of this book through Netgalley.

In the first chapter it would have been a bit daunting for a non professional counselor or non medical person. This is a great read for comprehending anxiety in general, situations specifically and techniques for resolving issues that may be hindering your full participation and enjoyment of your life. You can use it with your professional counselor/therapist. As a professional it is a great tool for teaching and healing for your patients/clients and peer professionals you may be supporting.

Excellent!

This was recommended to me by my primary doctor on dealing with anxiety. I am about 1/4 of the way through the book and I have found it to be very informative.

Very easy to read and totally down to earth. Everything explained in layman's terms with examples given to support her ideas. Went to the course with her and it was terrific! Highly recommend this book.

A much needed addition to the literature to understand in a less complicated way how and why anxiety develops in the brain and how to overcome it.

This was very insightful and helped me quite a bit with my personal demons. I would recommend this book to someone who is struggling with any form of Anxiety.

I bought this for a family member dealing with anxiety. They stated that the book had many helpful

exercises and would recommend it to others. Hope this helps.

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