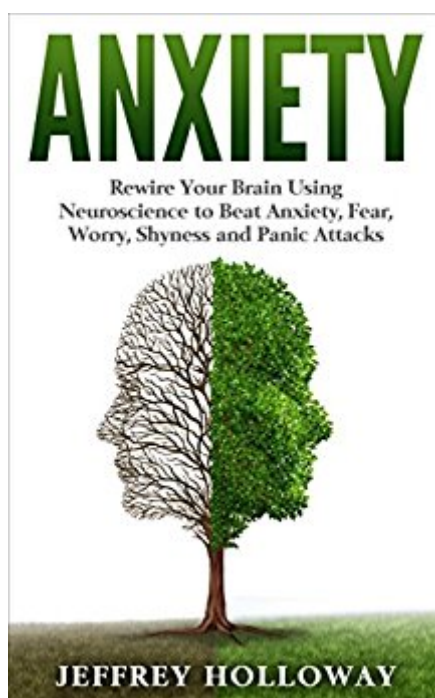


The book was found

Anxiety: Rewire Your Brain Using Neuroscience To Beat Anxiety, Fear, Worry, Shyness And Panic Attacks



Synopsis

Use developments in neuroscience to rewire your brain and free yourself from the chains of anxiety, shyness and panic attacks. If anxiety dictates the way you live your life and you are ready to make a change and take charge of your life, this book will help you overcome anxiety. Fear and the amygdala have been studied since the 1800s, with scientists making a connection between the two. Both the brain and fear are complex, and the studies continue today. It turns out the finding in the 1800s was true, and the amygdala does play a significant role in emotion known as fear. To complicate matters even more, fear is a state, and you can feel it to different degrees. These range from mild worry, anxiety, fear, and panic. However, not all of these are related to the amygdala, the first two, worry and anxiety are actually linked to the prefrontal cortex. This is a fairly new finding, but something that has been studied by neuroscientists ever since its discovery. Fear is an intense emotion that can take many different forms, including both anxiety and panic disorders. Even though they can both be debilitating, it is possible to use the brain's own fear response to rewire it. This is possible because over time the brain has been conditioned to react a certain way to both real and perceived threats. So, just as it learned to this the first time, it can learn to do it again, in a way that is not harmful. Fear takes two different paths in the brain, with different techniques that correspond with the two. So it is important to be knowledgeable about different brain functions and how to improve and develop them. This the key to releasing the grip fear has on you and your brain. You will learn about: Fear and the brain Different forms of fear/anxiety Anxiety and panic How to retrain the brain Techniques Common mistakes and how to avoid them and much more!

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Customer Reviews

Good

I liked this book. It's well written and gives good practical advice. Title sounds more scientific than it is. Enjoy!

Helpful information.

This book was very usefull. Thanks to it, my fears are not so intense anymore

Fighting anxiety and fear has many ways to fight it and a number of them have been published in the past , and this book is presenting its version of the struggle by emphasizing the role of nueroscience or the role made by the brain and this begins with your consciousness and willingness to fight anxiety, the book takes you through.

I am constantly under a lot of fear since I am a mother of two, so this book has really helped me. It demonstrates with facts and studies how the brain plays a huge role in our fears. I always thought that the factors were mostly external or linked to our childhood, but this book shows you how the brain can also trigger these negative emotions. I enjoyed training my brain by applying the different techniques taught in the book. I will use these techniques once a week, from now on, in order to refresh my mind, which is fantastic, as I truly believe that I need an emotional break from time to time.

This book teaches why after leading a normal life, all of a sudden, become illogical and behave in a way that is not considered normal. Even through this book, we'll know how different people become susceptible to different triggers and also what to be done to render those triggers of impotent. In case you're searching for a dynamic instrument or strategy for taking care of your on edge

sentiments, I exceedingly recommend reading through all of the books and implements the tips and strategies of it.

Anxiety is a mood killer. It can easily turn your day sour and there is nothing that can be done. Anxiety is inborn and can only be killed by a gradual process. The purpose of this book is to help you battle through anxiety and eventually eliminate it and its effects in your life. This is a very useful self-help book and it is also effective. I will recommend for all that needs a solution to anxiety.

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