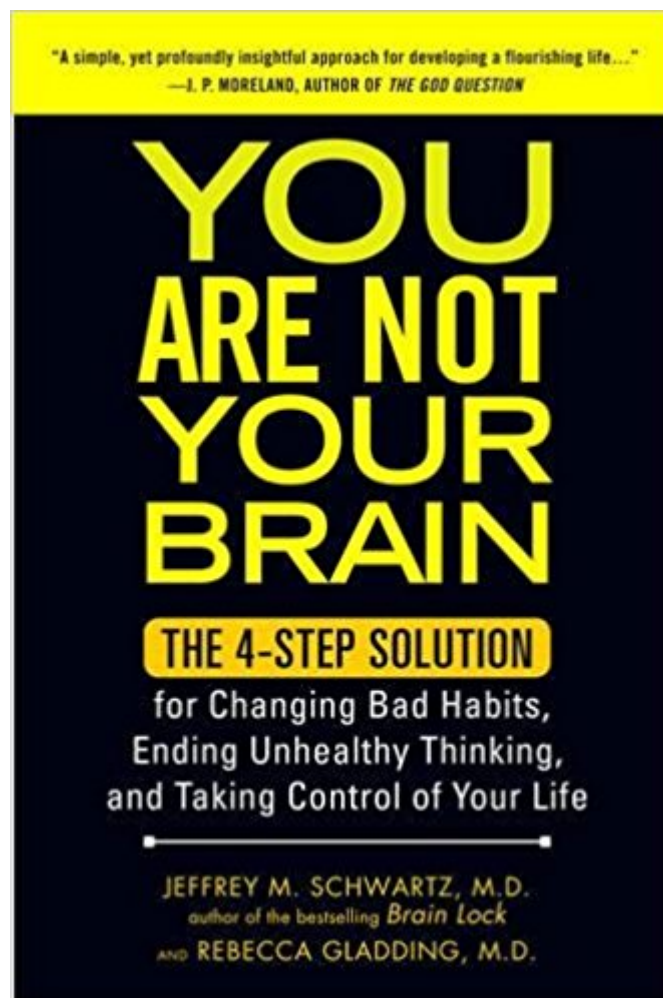




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# You Are Not Your Brain: The 4-Step Solution For Changing Bad Habits, Ending Unhealthy Thinking, And Taking Control Of Your Life



## Synopsis

Two neuroscience experts explain how their 4-Step Method can help identify negative thoughts and change bad habits for good. A leading neuroplasticity researcher and the coauthor of the groundbreaking books *Brain Lock* and *The Mind and the Brain*, Jeffrey M. Schwartz has spent his career studying the human brain. He pioneered the first mindfulness-based treatment program for people suffering from OCD, teaching patients how to achieve long-term relief from their compulsions. Schwartz works with psychiatrist Rebecca Gladding to refine a program that successfully explains how the brain works and why we often feel besieged by overactive brain circuits (i.e. bad habits, social anxieties, etc.) the key to making life changes that you want is to make your brain work for you is to consciously choose to "starve" these circuits of focused attention, thereby decreasing their influence and strength. *You Are Not Your Brain* carefully outlines their program, showing readers how to identify negative impulses, channel them through the power of focused attention, and ultimately lead more fulfilling and empowered lives.

## Book Information

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## Customer Reviews

"A testament to mind over brain ... It's the truth of the matter that sheer willpower can truly make you break free." • Leonardo DiCaprio "Operating on the highly rational perspective that we are not our brains, but rather, substantial free agents who exercise control over our brains, Schwartz and Gladding develop a simple, yet profoundly insightful approach for developing a flourishing life. The result is truly life-giving, and it will bring healing and hope to all

who read it and practice its wisdom." —J.P. Moreland, author of *The God Question* "How can the brain, which is just a complex network of interconnected nerve cells, give rise to consciousness and to thought? Dr. Jeffrey Schwartz and Dr. Rebecca Gladding argue, persuasively, that the mind actually has massive causal effects on the functioning of the brain. In other words, you can not only change the way you think, feel and behave through conscious effort when you're upset, but you can also change the programming and chemistry of your brain. A compelling and important message." —David Burns, M.D., author of *Feeling Good: The New Mood Therapy* "The idea that we can deliberately and systematically change our brains with our minds was once thought ridiculous. But now, largely due to Jeffrey Schwartz and his UCLA research on neuro-plasticity and OCD, this once revolutionary idea is well accepted. Rebecca Gladding and Jeffrey Schwartz adapt Schwartz's extraordinarily successful program for a mainstream audience giving simple, self-directed tools to help achieve greater happiness, emotional balance, and overall well-being." —Susan Kaiser Greenland, author of *The Mindful Child*

**Advance Reviews** "Operating on the highly rational perspective that we are not our brains, but rather, substantial free agents who exercise control over our brains, Schwartz and Gladding develop a simple, yet profoundly insightful approach for developing a flourishing life. The result will bring healing and hope to all who read it." --J. P. Moreland, author of *The God Question*. "This book will be very helpful to those who want to improve their outlook and quality of life. As this book shows, and most every musician knows, You Are Not Your Brain. The Heart and the Spirit are the source of real creativity. The brain is a vehicle to express that creativity." --Kenny Burrell, National Endowment for the Arts Jazz Master and Professor of Music and Ethnomusicology, UCLA "Dr. Jeffrey Schwartz and Dr. Rebecca Gladding argue, persuasively, that the mind actually has massive causal effects on the functioning of the brain. In other words, you can not only change the way you think, feel and behave through conscious effort when you're upset, but you can also change the programming and chemistry of your brain. A compelling and important message." --David Burns, M.D., author of *Feeling Good: The New Mood Therapy* "Largely due to Jeffrey Schwartz and his UCLA research on neuro-plasticity and OCD treatment, the once revolutionary idea that we can systematically change our brains with our minds is now well accepted. Gladding and Schwartz adapt that program for a mainstream audience giving simple, self-directed tools to help achieve greater happiness, emotional balance, and overall well-being." --Susan Kaiser Greenland, author of *The Mindful Child* --This text refers to the Preloaded Digital Audio Player

edition.

While the authors don't specifically mention PTSD in this wonderful book it has been hugely helpful for me in understanding what is going on in my brain with the symptoms of PTSD from childhood trauma, and I would highly recommend it to anyone in recovery from post traumatic stress. The understandings from this book have enabled me to rapidly see when my brain is sending messages that simply are not true in terms of my objective reality, and makes it much easier for me to redirect my attention to something that calms me down. I'm a long term meditator so do have a baseline level of mindfulness that folks new to the practice wouldn't have, but this book has taken my practice to a whole new level as I'm far less likely to be sucked into the unhelpful messages from my brain now that I really understand what's going on in there. It is so liberating to be able, for example, to be exposed to smells that in the past resulted in my brain going ballistic, without no more than the slightest hint of fear now. It is also incredibly liberating to be able to rapidly let my brain know that there is nothing to fear in situations that in the past I was seriously hijacked by the messages coming from my brain, and fear escalated rapidly to the point of me actually losing sight of the fact that my objective reality was totally safe in the moment. Another benefit I've had from working with this book is that I am much less likely to be tipped out of my grounding when working with methods such as Wholebody Focusing to heal trauma. Where in the past I would have struggled to stay with intense emotions arising when working on my own because my brain was sending "there is something wrong" messages at a huge rate of knots, I can now rapidly tap into the understandings from this book and know that my "Uh Oh Centre" is sending false messages and I can bring my "Assessment Centre" (as the authors helpfully label different areas of the brain) online to calm things down, enabling me to stay with what is arising, which in turn enables my brain to process unresolved emotions from the past. This is powerful stuff. The authors really made it clear that neuroplasticity (the brain's ability to change) is happening all the time, no matter what choices we are making. Each time we repeat an unskilful behaviour we thicken the associated neural networks. So the key is self-directed neuroplasticity, and that's what I've been seeing in abundance in my life since starting to work with this book. The authors stress that it's hard work to keep doing their four step process over and over but well worth it. I've found that the process can be expedited much more rapidly in many cases by combining the author's understanding with a self-help method known as EFT or Tapping (which in my opinion is one of the most powerful tools out there these days for tapping into self-directed neuroplasticity). I've seen rapid change in issues that have been stuck for a long time in my life through combining the learnings from this wonderful book with the EFT

method. I very much appreciate the authors having put this information into such a readable and useable format. This has been a life changing book for me and this review is being posted with a lot of appreciation for the powerful information it contains. Update: While I learnt lots from this book, there has been a book published since which goes much more into the PTSD side and explains more about what this author calls "defective brain messages". I highly recommend the newer book "Sensorimotor Psychotherapy: Interventions for Trauma and Attachment" instead of this book now, for anyone with PTSD. It goes much further into the neuroscience behind PTSD, and explaining why we react the way we do; and has a much wider range of interventions than this book.

"Habitually dismissing and devaluing your true emotions and needs causes your brain to adopt unhealthy responses and to strongly discount much of the positive information about you that is coming in." -- Jeff Schwartz, MD, and Rebecca Gladding, MDI was well aware for some months that Jeffrey Schwartz's new book (co-authored with Rebecca Gladding) was coming out. When I saw the package from .com on my front porch last week, I quickly opened it. The reward circuit in my brain got activated as I held the hardcover book with bright yellow lettering that told me: YOU ARE NOT YOUR BRAIN! Jeffrey Schwartz is a pioneer in the field of self-directed neuroplasticity, and his work with Obsessive Compulsive Disorder (as described in his book BRAIN LOCK) is highly regarded and used in clinics around the world. In this new book, Schwartz and Gladding have refined the 4-step method used in "Brain Lock" as well as expanded the scope of how it can be applied to lifestyle habits, addictions, and unhealthy thinking. The 4-Step process is based on mindfulness. I found their revised process very clear and easy to grasp--and it can easily be used personally or by counselors, psychologists, and others to be shared with clients as a form of treatment. The 4-Step process includes 1) Relabeling (noticing thoughts), 2) Reframing (naming the brain's deceptive thought pattern to change your relationship to the thought), 3) Refocusing (placing awareness elsewhere), and 4) Revaluing (aligning with one's deeper values, or true self). The book is a treasure trove of real-life case studies that demonstrate how Schwartz and Gladding used the 4-Step mindfulness process--and show how anyone can rewire their brain in this way. This is a step-by-step book that includes examples of charts and journaling methods that can help anyone track their movement toward wellness, clarity and purpose. I highly recommend this book. It shows how to put the power of focus to work in a way that can change lives for the better. Thank you Jeff and Rebecca for sharing with all of us this very valuable and life transforming information!

Dr. Schwartz. throws the kitchen sink into this all-in-one guide to overcoming one's demons. A

must-have for not just anyone looking to overcome mental illnesses, but also anybody trying to become the master of his/her own life.-> Life-Changing-> Researched-> Practical/Step-by-step; guide-like-> Consoling/Cheerleading

Can really help you look at the messages we give ourselves, even on a subconscious level. We treat ourselves the way we have been treated, and often respond to the world with misinformation as a result.

This book is great for anyone that suffers from a life filled with negative brain messages. The steps that are in the book are very easy to follow and bring into daily life and other activities. The book has stories from other people, and the brain messages that they struggled to overcome, these stories make it seem more personable and less like a self help book with no way to make a connection to the world around you and what other people are going through. I highly recommend this book, it has helped me when it comes to curbing my own negative thoughts and it is helping me move into a happier and healthier mind set.

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