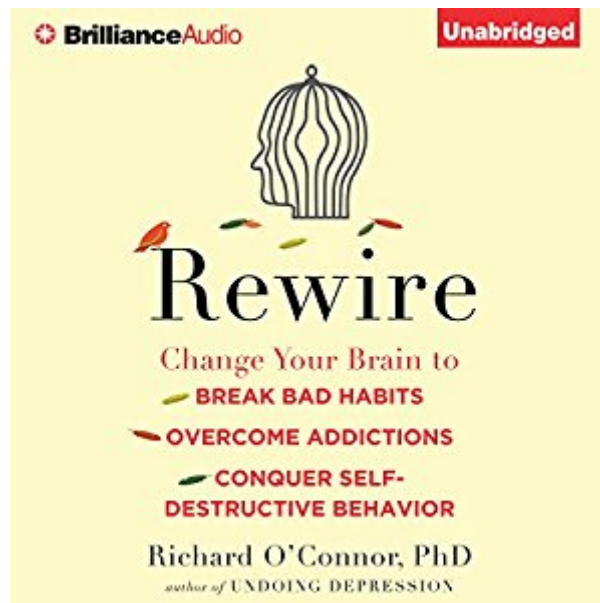




The book was found

Rewire: Change Your Brain To Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior



Synopsis

The bestselling author of *Undoing Depression* offers a brain-based guide to help us finally get rid of the bad habits that plague us. We humans tend to get in our own way time and time again - whether it comes to not speaking up for ourselves, going back to bad romantic partners, our umpteenth diet, or engaging in any of a range of bad habits we just can't seem to shake. In *Rewire*, renowned psychotherapist Richard O'Connor, PhD, reveals why our bad habits die so hard. We have two brains - one a thoughtful, conscious, deliberative self, and the other an automatic self that does most of the work without our attention. Using new research and knowledge about how the brain works, the audiobook clears a path to lasting, effective change for behaviors that include: procrastination, overeating, chronic disorganization, staying in bad situations, excessive worrying, risk-taking, passive aggression, self-medication, and more. Bringing together many different fields in psychology and brain science, *Rewire* offers a refreshing, science-based new paradigm for readers of Charles Duhigg and Frank Lawlis.

Book Information

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in Books > Self-Help > Stress Management

Customer Reviews

Author Richard O'Connor just combined two of my favorite books: Daniel Hahneman's *THINKING, FAST AND SLOW* and Eckhart Tolle's *THE POWER OF NOW*. Not only did he combine them, he did it quite well, making it his own. This was an enjoyable, insightful read that I highly recommend. Ouch! That's the first thing you'll say. O'Connor lists out the bad habits one by one. At first, you may not think you are that bad off. Then

you flip the page. And another page. He's got your number. Several of your numbers. Then Connor goes into detail of how we minimize our bad habits, thinking they aren't that destructive, and then he systematically proves how they are bad. Yeah, "ouch!" But read on, fellow readers! You wouldn't be looking at this book if you didn't want to change. Connor doesn't leave you in the heaps of disappointment; he shows various methods to change. He gives the scientific background of what works and doesn't work, and then offers exercises to change. My favorite, as alluded to before, is mindfulness techniques and awareness. But this isn't all breathing and meditating. Connor offers plenty of techniques for the "I don't want this" stuff. Yeah-omg stuff folks (though the "Yeah-omg" stuff works •trust me|and trust Connor). He talks about journaling, and many other hearty techniques that are easy to implement and rid those nasty old habits. Bottom line: we all do things that we want to change or eliminate. Connor blends the best of what is out there and makes it practical, real, and obtainable. This is a great book that'll give you a better life. Thanks to Hudson Street Press and Penguin Group for providing this to me electronically for review.

I am 1/3 the way through this book and I can tell everyone in my family needs to read this book! Get back control of your life, your thoughts etc! Can't wait to finish the book and re-read it. Like someone else said, the first couple of chapters are tough and make you feel hopeless but by pointing out and recognizing these problems then applying the exercises, should help to center your soul and your life!!!

I bought this in paperback for a friend after buying it on Kindle for myself and was inspired to buy it on the strength of his Understanding Depression book. I came into contact with this author when researching Zen and depression. That he works within a "mindfulness" framework is a huge plus. A wise book that helps one understand why we think and do things (and how, realistically, we can rewire and think and do things differently). So much of coaching is about "yes, you can change, just do it." But it doesn't work like that. I got great insights from this book on adult children of alcoholics, narcissists, post-traumatic stress disorder to name three that have proved very useful for understanding people close to me. All in all, a practical and accessible book •and,

of course, wise.

WOW! I got this book from the library and read it in one weekend . . . then I went back and re-read several chapters. As someone who suffers from genetic depression and anxiety, at times it felt as if the author was addressing me directly. I have to admit that the author isn't handing out band-aids here -- there are no EASY fixes -- but what he has to say is very, very interesting.

Great book for anyone who wants to improve their life. This book is just what I needed and I am so glad I found it. Some of the chapters really resonated with me and opened my eyes to reality. It is amazing how much we push into our unconscious mind and let it eat away at us. There are some exercises throughout the book to practice so that healing can occur. As the author states, healing does not happen overnight. It takes work on your part and time to heal completely. I definitely recommend this book for anyone who wants to move forward and find true happiness in their life.

I ended up buying this book today after reading it on loan from the library. Great insights into all kinds of behaviors . It is helpful to understand your struggles and of those who you interact with on a daily basis. Well written. I will use it as a reference book.

Fantastic book. Gained great insight. Exercises were helpful. Especially liked the chapter about the undertow because everyone fails at one point in their way to change. It's how you recover that makes all the difference. Highly recommended.

Very eye opening to how your brain works and what you should expect and do when you decide to change a habit. Not like other self-help books. It's more scientific and based on facts than merely trying to be positive and make you happy. But based on this knowledge you can be more efficient in changing the behaviours that you wish to change.

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