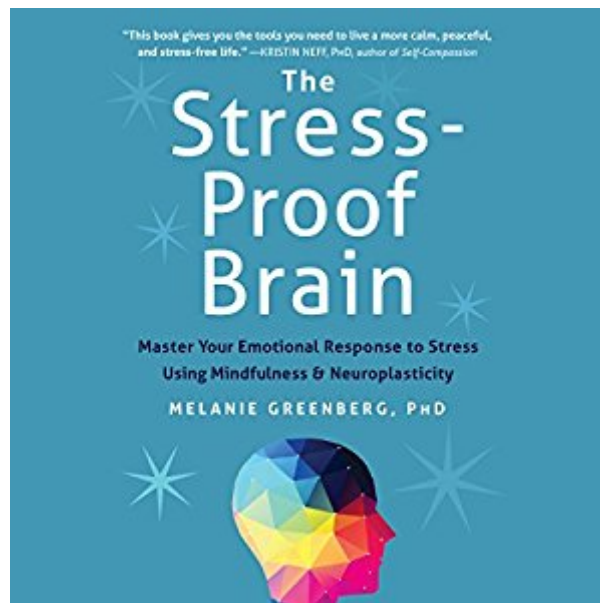




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The Stress-Proof Brain: Master Your Emotional Response To Stress Using Mindfulness And Neuroplasticity



Synopsis

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 listeners 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.

Book Information

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Customer Reviews

A very useful guide! For anyone struggling with stress and feeling overwhelmed, the research-based strategies and thoughtful exercises in this book can help build a more positive

mindset. The book addresses specific challenges such as being self-critical, excessive worrying, and emotional eating, and it offers practical ways to move toward healthier coping. Highly recommended!

What a great synthesis of all the stress and brain information that we have now! Starting with understanding exactly what kind of stress I'm facing, there were wonderful "ah ha!" moments for me in this book like: depression can be a "freeze" response; chronic stress can create not just weigh problems, but the ever dreaded "belly fat"; and when it comes to stress "if you can name it you can tame it". I really loved the list of "thinking traps" to avoid, and the list of characteristics of mindfulness. And with each idea there were really do-able exercises and practices to integrate the intellectual information into my daily life. I'm loving the gratitude journal, and the author's approach to letting go of perfectionism. Throughout the book, the impact of mindfulness is woven in, in ways that help me see how to apply it. After reading this book I am actually experiencing a significant difference in my stress levels. Such a huge relief!

This inspiring and practical book is filled with lots of helpful information about how stress works in the brain and body and how to apply this knowledge in our lives. The practical exercises can help you transform your stress into positive motivation and opportunity for personal growth. This book is highly recommended for mental health professionals and anybody who needs help managing stress in their lives.

The title is what caught my attention...I could use some help in getting through stressful situations and title implies that we can develop a stress-proof brain. While there are many great chapters and topics, the one that really jumped out at me was the chapter called "Gaining Control Over Your Stress." I was not disappointed as Greenberg reminds the reader that getting stressed about your stress will only make it worse! Each chapter is filled with practical ways to manage the stressors in our life. Perhaps the most important tidbit that I walked away from in that chapter was simply deciding which parts of the stressor(s) I can control and focus on them.

As a couples therapist who has taught neuroscience for clinicians in various settings I came into my experience of this book thinking that it would be a good refresher but not expecting to learn that much I hadn't already been aware of. I was wrong in. First of all, the deeper significance of

the book is not simply relaying factual information about the structure of the brain and nervous system but in conveying an attitude of hopefulness and self-assertion that can make all the difference in how we all deal with the stress that impacts our nervous systems. And Dr. Greenberg does a lovely job of encouraging and explicating the steps that can be taken to help deter the damaging effects of stress. It seems that the centrality of stress's impact on our lives has become subjugated to some of the "hot" topics like trauma and dealing with narcissism yet the damage that stress causes more than deserves our sober attention. This book qualifies for a place amongst the best and most helpful stepping stones towards developing a healthful and mindful stress-reducing practice.

Marty Babits, LCSW, BCD. Author of *I'm Not a Mind Reader: Using the Power of Three-Dimensional Communication for a Better Relationship*

A timely aid in our stress-filled world, this book explores the effects of stress as well as our reactions to them. There are exercises at the end of every chapter, such as the practice of mindfulness, which may sound fluffy but I believe to be helpful. While many concepts are not new, it can be difficult to put them into practice. This book assures us that changes can be made, one step at a time. It is a useful book to remind us to be positive.*I got a free copy in exchange for an honest review from NetGalley

Great read. Makes sense. Illuminating and scientific without being overly technical. Practical exercises included.

I loved this book so much! I initially bought it because of the title (I mean... who doesn't want a stress proof brain?!). I love the way Dr. Greenberg explains why we experience stress. I found something so freeing in understanding how the brain is actually wired to have a stress response, but also how it's wired to chill out after being stressed. I've tried her mindfulness and meditation exercises and I loved how they instantly got me feeling grounded and connected. It was totally exactly what I was looking for. So so good!

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