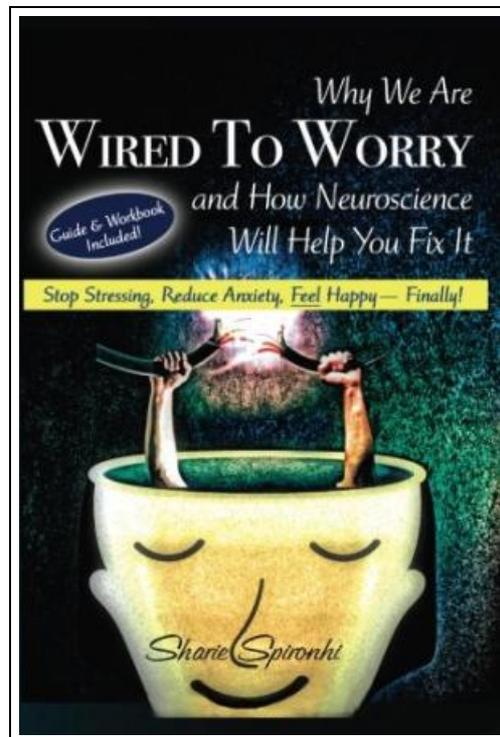


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Why do our brains seem obsessed with problems, both real and imagined? Believe it or not, it's not your fault-it's your default! Sharie breaks this all down so you can finally understand why your brain loves worrying about problems and how you can stop and finally get off your Worry-Go-Round(TM) Your brain is programmed to believe that impending doom is around every corner due to an outdated evolutionary trait that helped ancient humans survive. But in present day this program is not only obsolete but it is making us sick! If you have ever been kept awake a night as your mind conjured up fears of sickness, deaths of loved ones, financial crisis, and car wrecks, you know what I mean. You will learn how to stop the urge to get upset simply because your boss is annoyed at you or you are stuck in traffic. You will learn how to redirect your brain's distorted perception of problems using easy-to-follow, proven techniques. You will learn how to implement a targeted program that will stop your stress response in its tracks, leaving you calmer, stronger and happier. You will finally have the control over your moods and behaviors that you have been seeking. You will replace feeling, vulnerable, exhausted and joyless with a brand new positive outlook that will change your life. Packed with the latest groundbreaking scientific discoveries, you'll come to understand how three neurochemicals, dopamine, serotonin and oxytocin, along with the brain's amygdala drive all of your behaviors, habits, passions, and attitudes. You will learn how a good mood is increased by triggering these three neurochemicals. The workbook is filled with self-probing questions and exercises...

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