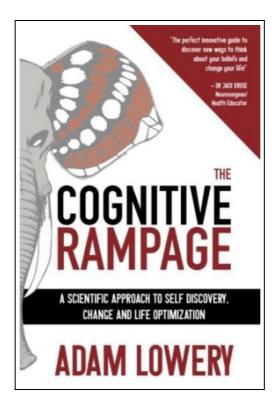
# The Cognitive Rampage: A Scientific Approach to Self Discovery, Change and Optimization (Paperback)



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## Reviews

The publication is great and fantastic. It is probably the most remarkable book i actually have read through. Its been printed in an exceedingly easy way and it is merely right after i finished reading through this publication where in fact altered me, modify the way i think.

(Tomasa Witting)

# THE COGNITIVE RAMPAGE: A SCIENTIFIC APPROACH TO SELF DISCOVERY, CHANGE AND OPTIMIZATION (PAPERBACK)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book. The Cognitive Rampage is a scientific approach to self discovery, change and life optimization. This book fuses the latest research from the cognitive, behavioral, social and biological sciences into a life application process. If you are battling depression, anxiety, addiction, PTSD or any other mental health issue, this book is for you. OR if you simply enjoy self exploration, personal and lifestyle development this book is also for you. You will customize the provided scientific framework with your dissected personal beliefs to more quickly create growth and sustain your change. You can use the Cognitive Rampage approach throughout your entire life. These are not empty words of fluff or motivational spin. This book is a integrative scientific application you can apply on your own with NO HARMFUL SIDE EFFECTS. This book is the application of Transrational Structure Behavior Theory (TSBT). Adam Lowery founded this integrative approach after experiencing the disconnect between the fields of medicine, mental health, science and naturopathy. Trans is a prefix from the Latin to transcend. TransRational is to transition to a rational thinking process. This requires more than simple cognitive reframing, but deep belief extraction and examination. You will learn how to process your beliefs through a rational filter to control your feelings. You will learn how to modify your behavior more quickly and for life long sustainment. TSBT combines a behavioral approach with the cognitive sciences while also recognizing social, environmental and biological influences. TSBT provides strategies and tools cultivated from all the sciences. YOU WILL LEARN: 4 Principles Of Change TO APPLY: 3 Tools of Change TO ACHIEVE: The Change You Want The text includes a Personal Life Inventory, Life Philosophy Reveal Worksheet and a Rational Self Analysis Map. All...

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