

Retraining the Brain: A 45-Day Plan to Conquer Stress and Anxiety

By Dr. Frank Lawlis

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Retraining the Brain: A 45-Day Plan to Conquer Stress and Anxiety By Dr. Frank Lawlis

Stress relief that works from the *New York Times* bestselling author of *The ADD Answer* and the chief content advisor for the *Dr. Phil* show

With his bestselling books, Frank Lawlis has brought psychological relief to millions. In his latest book, he addresses one of the most common challenges of everyday life - dealing with stress and anxiety.

In *Retraining the Brain*, Dr. Lawlis clearly explains the neurological factors that make stress so traumatizing and lays out a powerful plan for changing our brains to improve the way we cope. The secret is to take advantage of our brain plasticity, our ability to essentially reprogram the way we think simply by following this forty-five-day program to change our behavior. Drawing on his work at his renowned clinic, Dr. Lawlis takes us through the different types of stressors and shows how we can apply the principles of brain plasticity to hardwire new, healthier response patterns. With its simple but effective exercises, *Retraining the Brain* offers an exciting new method for reducing stress and increasing our overall happiness.

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Editorial Review

Review

"Offers groundbreaking techniques that can dramatically improve our lives."—**Dr. Phil McGraw**

"Creative approaches to healing the mind and improving our lives. *Retraining the Brain* has practical advice for dealing with everyday challenges and the emotional ruts that can keep a life in a repeating pattern of unhappiness. Give these suggestions a try and see for yourself how you can become a happier you."—**Daniel J. Siegel, M.D., UCLA Center for Culture, Brain and Development; author of *The Mindful Brain* and *Mindsight***

"Offers a brilliant and challenging departure for understanding and treating stress and depression. By following this unique guide we learn how to use our brain to design strategies that unbind depression and engage our true character."—**John Chirban, Ph.D., Th.D., Harvard Medical School; author of *Sickness or Sin?, True Coming of Age, and What's Love Got to Do with It***

"Provides a useful and effective answer to one of the modern world's most pervasive problems: stress and trauma. *Retraining the Brain* boldly integrates thinking from different disciplines into a solution to a common problem."—**Michael Wagner, Ph.D., United States Welcome Home Foundation**

"One of the great breakthroughs in twenty-first century science is brain plasticity—the ability of the brain to organize itself as a result of experience. Dr. Lawlis, a pioneer in mind-body medicine, shows how this important discovery can help anyone cope with stress, which is epidemic in modern life. *Retraining the Brain* features cutting-edge science and down-to-earth advice that will help transform many lives toward greater joy and fulfillment."—**Larry Dossey, M.D., author of *The Power of Premonitions and Healing Words***

About the Author

DR. FRANK LAWLIS is a renowned psychologist, researcher, and counselor with more than thirty-five years' experience working with families. He is the cofounder of the Lawlis and Peavey Centers for Psychoneurological Change and was named a fellow by the American Psychological Association. Dr. Lawlis is also the chief content adviser for the *Dr. Phil Show*.

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