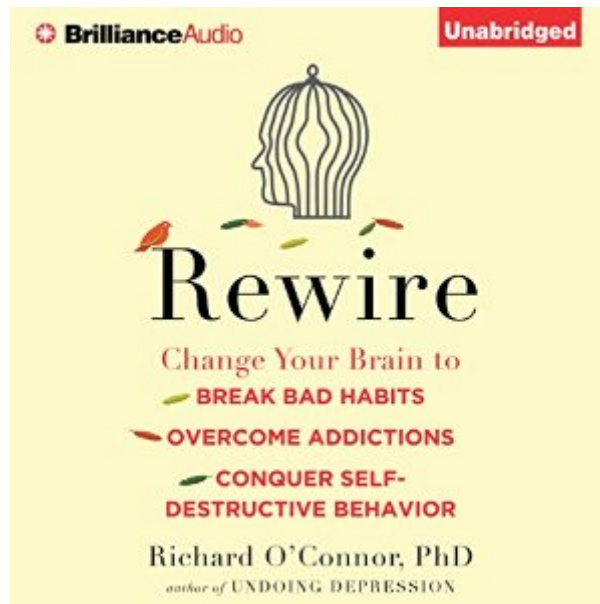


The book was found

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

Audible Audio Edition

Listening Length: 10 hours and 18 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Brilliance Audio

Audible.com Release Date: July 31, 2014

Language: English

ASIN: B00M48LDSO

Best Sellers Rank: #6 in Books > Medical Books > Psychology > Neuropsychology #9

in Books > Health, Fitness & Dieting > Psychology & Counseling > Neuropsychology #56

in Books > Audible Audiobooks > Health, Mind & Body > Psychology

Customer Reviews

I came across Aristotle's insight decades ago and (with mixed results) have since tried to apply it in my life. Frankly, it has not been easy to replace bad habits with good habits, avoid or overcome addictions with moderation or abstinence, and minimize (if not eliminate) self-destructive behavior. What's the problem? According to Richard O'Connor, "Too often, our behavior takes on a life of its own and turns into a pit we cannot crawl out of, even if we're aware of what makes us miserable. Then there are self-destructive patterns that we don't see but that still hurt us over and over." Most

humans seem to have two brains rather than one and they do not work very well together. They compete for control of our decision-making process. "The bottom line is that there are powerful forces within us that resist change, even when we can clearly see what would be good for us. Bad habits die hard. It seems as if we have two brains, one wanting the best for us, and the other digging in its heels in a desperate, often unconscious, effort to hold on to the status quo. New knowledge about how the brain works is helping us to understand this divided self, giving us guidance and hope that we can do more to overcome our fears and resistance." So what we have here is everything that O'Connor has learned thus far about what the brain is, what it does, and what it can do as well as an explanation of how his reader can replace bad habits with good habits, avoid or overcome addictions with moderation or abstinence, and minimize (if not eliminate) self-destructive behavior.

[Download to continue reading...](#)

Rewire: Change Your Brain to Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior
Meditations to Change Your Brain: Rewire Your Neural Pathways to Transform Your Life
Crucial Accountability: Tools for Resolving Violated Expectations, Broken Commitments, and Bad Behavior, Second Edition: Tools for Resolving Violated Expectations, ... and Bad Behavior, Second Edition
AUDIO The 21-Day Self-Confidence Challenge: An Easy and Step-by-Step Approach to Overcome Self-Doubt & Low Self-Esteem
The Neurodharma of Love: Rewire Your Brain for Healthy Relationships
How To Overcome Fear of Flying: The Cure For Fear of Airplane Flights: Conquer Your Fear Flying!
Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal Fatigue Syndrome
30 Days - Change your habits, Change your life: A couple of simple steps every day to create the life you want
Time Off for Good Behavior: How Hardworking Women Can Take a Break and Change Their Lives
Master Self-Discipline: Simple and Effective Steps to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress Management, Self ... (Self Improvement And Motivational Book 1)
In Defense of Selfishness: Why the Code of Self-Sacrifice is Unjust and Destructive
The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions
Daily Self-Discipline: Everyday Habits and Exercises to Build Self-Discipline and Achieve Your Goals
Neurosculpting for New Habits: Brain-Changing Practices to End Self-Defeating Behaviors and Create Healthy Ones
Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems
The Traumatized Brain: A Family Guide to Understanding Mood, Memory, and Behavior after Brain Injury (A Johns Hopkins Press Health

Book) The Emotionally Destructive Marriage: How to Find Your Voice and Reclaim Your Hope The
22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits,
and Change Your Life Immunity to Change: How to Overcome It and Unlock the Potential in
Yourself and Your Organization (Leadership for the Common Good) Deep Sleep: Brain Wave
Subliminal (Brain Sync Series) (Brain Sync Audios)

[Dmca](#)