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Schwartz works with psychiatrist Rebecca Gladding to refine a program that successfully explains how the brain works and why we often feel besieged by overactive brain circuits (i.e. bad habits, social anxieties, etc.) the key to making life changes that you want to make your brain work for you is to consciously choose to starve these circuits of focused attention, thereby decreasing their influence and strength.

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By coming to the conclusion that you are not your brain you can start changing the physical structure inside it, so that it works more in your favor and less against you. This is what happens when you hear stories like the one of Christopher Reeve, famous Superman actor, who changed his mindset after becoming paralyzed until eventually moving again .

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You Are Not Your Brain carefully outlines their program, showing readers how to identify negative impulses, channel them through the power of focused attention, and ultimately lead more fulfilling and empowered lives.

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You Are Not Your Brain explores our deceptive brain messages which program us to have harmful thoughts such as I m not good enough. And it tells us how we can change this detrimental wiring by challenging these brain messages and focusing our attention elsewhere.

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You Are Not Your Brain Psychology Today

When I talk to people about a central idea in our book - that you are not your brain - they tend to respond in one

of two ways. The first is with some version of "Of course I am not my brain!"

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Jeffrey M Schwartz M D and Rebecca Gladding M D You

You Are Not Your Brain The 4-Step Solution for Changing Bad Habits, Ending Unhealthy Thinking, and Taking Control of Your Life Two neuroscience experts explain how their four-step method can help break destructive thoughts and actions and change bad habits for good. A leading neuroplasticity researcher and the coauthor of the groundbreaking books Brain Lock and The Mind and the Brain, Jeffrey

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