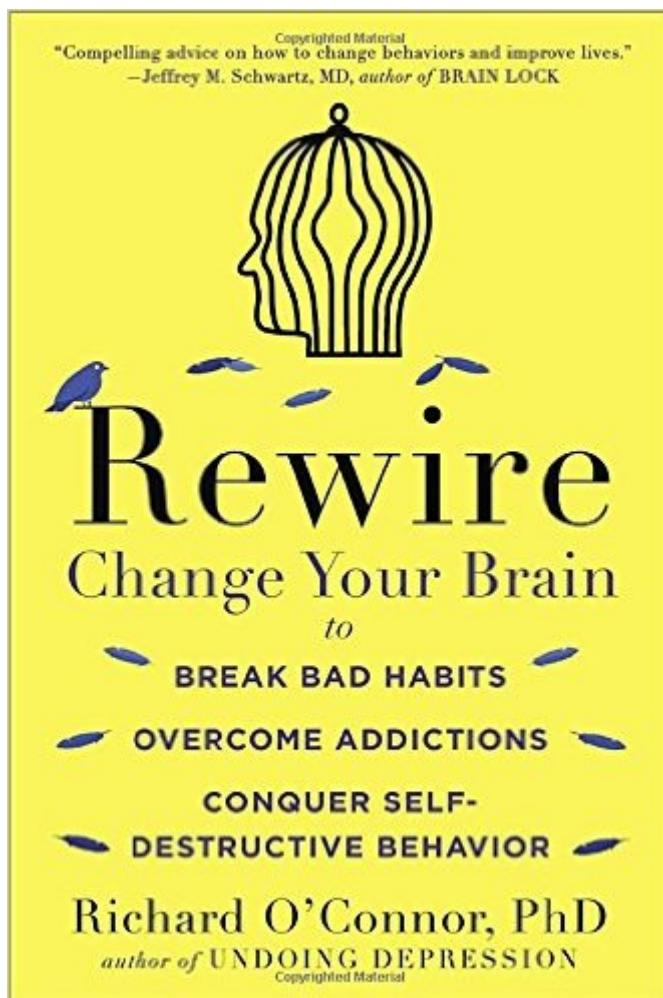


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# Rewire: Change Your Brain To Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior



## Synopsis

The bestselling author of *Undoing Depression* offers a brain-based guide to permanently ending bad habits. Richard O'Connor's bestselling book *Undoing Depression* has become a touchstone in the field, helping thousands of therapists and patients overcome depressive patterns. In *Rewire*, O'Connor expands those ideas, showing how we actually have two brains—a conscious deliberate self and an automatic self that makes most of our decisions—and how we can train the latter to ignore distractions, withstand temptations, and interrupt reflexive, self-sabotaging responses. *Rewire* gives readers a road map to overcoming the most common self-destructive habits, including procrastination, excessive worrying, internet addiction, overeating, risk-taking, and self-medication, among others.

## Book Information

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## 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 heard. 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.

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Rewire: Change Your Brain to Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Habits: How to Develop Strong, Positive Habits Into Your Life for Long Lasting Change (Habits, Daily Routines, Exercise Habits, Habit Stacking, Mindset) Rewire Your Brain, Rewire Your Life: A Handbook for Stroke Survivors & Their Caregivers Be Your Best: Overcome Fear, Stop Procrastinating, Rewire Your Brain and Create Positive Change with Hypnosis and Meditation Social Anxiety: Overcome Shyness, Anxiety, Introvert, Low Self Esteem & How To be Confident ((BONUS Inside)Overcome Any Fear, Feel Confident, Strong, Overcome Shyness) Positive Thinking Hypnosis Bundle: Change Your Life, Increase Happy Thoughts and Rewire Your Brain with Hypnotherapy Cognitive Behavioral Therapy (CBT): Easy Self Help Guide: Simple Steps To Conquer Anxiety, Depression, Phobias, Addictions, Negative Thoughts, Eating Disorders And Other Psychological Conditions Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life! Self control, ... Self-Confidence, Self-esteem, Organizing) The Caffeine Cure: A Definitive Guide to Finally Overcoming Your Caffeine Addiction (Addictions, Addiction Recovery, Overcoming Addictions Book 1) Positive Thinking: How to Rewire Your Brain with Positive Thinking and Self-Empowering Affirmations to Finally Achieve Success and Freedom Bad Breath: Remedies for Life - How to Prevent Halitosis, Bad Breath Causes, Cures and Treatments (Bad Smell and Mouth Smell - How to Cure Bad Breath Book 1) Change Your Brain, Change Your Body: Your Ultimate Brain/Body Makeover (6 CD Set) Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help,

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