



Beat Depression and Anxiety by Changing Your Brain: With Simple Practices That Will Improve Your Life

By Debbie Hampton

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.The key to overcoming depression and anxiety and stop living a fear-based existence is in your head.Literally.By taking control of your mind and thoughts and adopting brain-healthy habits, you can harness the superpower we were all born with, neuroplasticity - your brain s ability to change itself, optimize operation, reverse negative thinking patterns, and actually alter its chemical balance and physical form and function, so that happy and healthy become the default. Change your brain. Change your life. I did it. But only after a decade of depression ending in a suicide attempt that left me with a seriously compromised brain. In healing my brain, I healed my life. You can do it too.I ll tell you in plain English backed by science how you can improve your brain and life through simple practices: - diet and exercise - mindfulness and meditation - responding rather than reacting - gratitude and forgiveness - making friends with fear - visualization, thought reframing, and more. This book is a wonderful source of insight and understanding from someone who knows firsthand the...



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