



Ten Reasons (Paperback)

By Lorin Neikirk

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Based on scientific understanding of neuropathways and learning, TEN REASONS helps the reader learn to manage stress and anxiety by re-training the brain to consider alternative reasons for events which trigger anxiety and other stress-related reactions. With both layperson and medical explanations, the TEN REASONS workbook is both functional, and easy to read. In a forest, walking repeatedly along a certain route creates a path. Over time, the path becomes even more well-defined, and easier to find and follow. The same path, in the absence of travel, begins to grow over with foliage and becomes more difficult to find and follow. To re-establish the path means traveling the same route until it is again easy to walk along. The way the brain learns is very similar to a path in a forest. Re-training one's brain is a matter of thinking along a better path often enough, that the path becomes easy for the brain to find and follow. Scientific explanations are concise and clear, providing scientific information necessary to satisfy the mental health professional's questions, while...



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