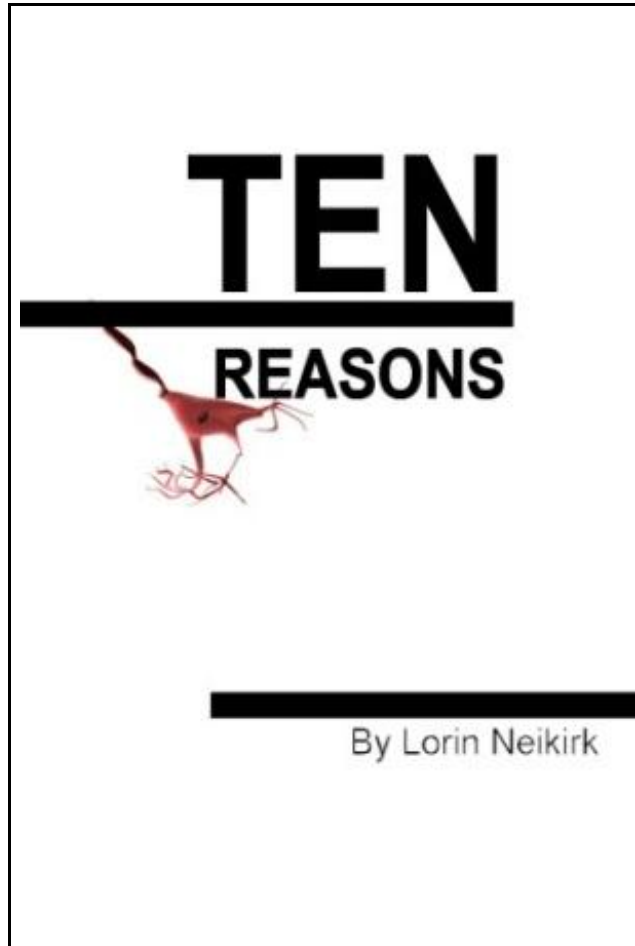


Ten Reasons (Paperback)



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Reviews

Thorough information! Its such a good study. Sure, it is perform, still an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Evie Emmerich)

TEN REASONS (PAPERBACK)



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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 not being burdensome for the layperson. The crux of the TEN REASONS concept is to alleviate unfounded beliefs, and re-structure unhealthy belief systems. In doing so, we immediately experience a decrease in anxiety and its physical symptoms. The nature of the reasons precipitates a neurological change proven to combat anxiety, with little effort on the reader s part. The 10 Reasons exercise is fun, not challenging! Although designed for anyone who experiences anxiety, the concept was developed by Lorin Neikirk, an adult on the autism spectrum (Aspergers). As a result, and unlike many concepts which do not take autistic thinking...



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