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Just because your brain is wired in a certain way does not mean that this wiring defines you. 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.

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Dr. Michael D. Amos talks about the book YOU ARE NOT YOUR BRAIN and provides reasons why you should read it. Check out the review to see if it is a book you want to add to your collection of books

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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! That

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You Are Not Your Brain eBook by Jeffrey Schwartz MD

In fact, readers of Brain Lock wrote to the authors in record numbers asking for such a book. In You Are Not Your Brain, Schwartz and Gladding carefully outline their program, showing readers how to identify negative brain impulses, channel them through the power of focused attention, and ultimately lead more fulfilling and empowered lives.

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