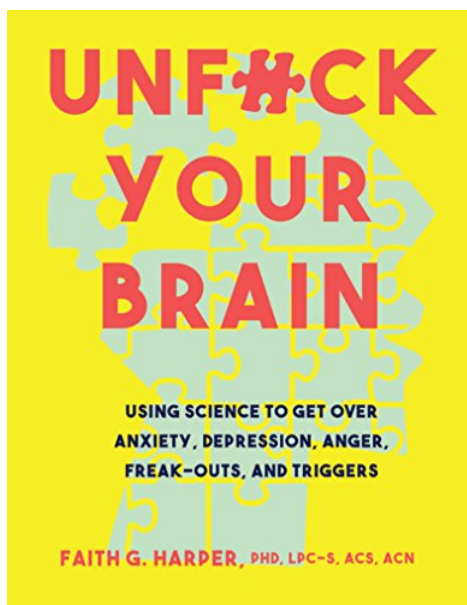


q03Zj [Free PDF File] Unfuck Your Brain: Using Science to Get Over Anxiety, Depression, Anger, Freak-Outs, and Triggers



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A no-nonsense and helpful guide on how to cope with a slew of mental-health issues that are hellbent on ruining the lives of millions of people worldwide. Our brains are doing their best to help us out, but they can be real assholes sometimes. Sometimes it seems like your own brain is out to get you—melting down in the middle of the grocery store, picking fights with your date, getting you addicted to something, or shutting down completely at the worst possible moments. You already told your brain firmly that it isn't good to do these things. But your brain has a mind of its own, especially if it's focusing on and obsessing about trauma it can't overcome. That's where this book comes in. With humor, patience, and lots of good-ole swearing, Dr. Faith shows you the science behind what's going on in your skull, and talks you through the process of retraining your brain to respond appropriately to the non-emergencies of everyday life. If you're working to deal with old traumas (particularly P.T.S.D), or if you just want to have a more measured and chill response to situations you face all the time, this book can help you put the pieces of the puzzle together, and get your life and brain back on the right track.

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