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Dr JOHN ARDEN OLGA YOLDI Rewiring the Brain: Brain - ...

people rewire their brain for the better Trauma does rewire the brain, for the worse When you are traumatised your brain gets rewired to look out for more trauma That is rewiring the brain in a nega-tive way This means you are more susceptible to look for more trouble Most people get anxious after they have been traumatised

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all of your thoughts create physical structures within your brain But God created you to be a neuroplastician - you can literally do your own "brain surgery" God designed us with the ability to ____ our own brain How to Rewire Your Brain Brandon: I readjusted this layout to better fit the formatting needed when I print

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change your life?your brain J ust imagine if it were possible to turn your greatest weakness into your greatest strength If you could rewire your brain to reverse ingrained personality traits from procrastination to pessimism and improve everything from your memory to your grasp of foreign languages Well, not

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Close your eyes, allow yourself to see and experience the vision of your goal as clearly, and vividly as you can imagine it Simply enjoy the outcome Allow your brain to build the neural network of this outcome Hold this image until you can feel the feelings of actually being there

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your Brain I challenge you for the next week to catch yourself every single time you are thinking a negative thought! Irrespective of whether or not it is a justifiable reaction to a particular situation, I want you to focus exclusively on whether or not it is a positive or negative thought

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the brain that changes itself

This book is about the revolutionary discovery that the human brain can change itself, as told through the stories of the scientists, doctors, and patients who have together brought about these astonishing transformations Without operations or medications, they have made use of the brain's hitherto unknown ability to change

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Your brain changes all the time, regardless of whether you are aware of it How does it change? Through your experiences and the lasting traits they leave in your brain What influence can you have on this? Through your awareness: what you pay attention to, what you dwell on, what you rest your mind on... is the primary shaper of your brain

SWITCH ON YOUR BRAIN

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