



The Cognitive Rampage: A Scientific Approach to Self Discovery, Change and Optimization (Paperback)

By Adam Lowery Mhc

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book. The Cognitive Rampage is a scientific approach to self discovery, change and life optimization. This book fuses the latest research from the cognitive, behavioral, social and biological sciences into a life application process. If you are battling depression, anxiety, addiction, PTSD or any other mental health issue, this book is for you. OR if you simply enjoy self exploration, personal and lifestyle development this book is also for you. You will customize the provided scientific framework with your dissected personal beliefs to more quickly create growth and sustain your change. You can use the Cognitive Rampage approach throughout your entire life. These are not empty words of fluff or motivational spin. This book is a integrative scientific application you can apply on your own with NO HARMFUL SIDE EFFECTS. This book is the application of Transrational Structure Behavior Theory (TSBT). Adam Lowery founded this integrative approach after experiencing the disconnect between the fields of medicine, mental health, science and naturopathy. Trans is a prefix from the Latin to transcend. TransRational is to transition to a rational thinking process. This requires more than simple cognitive reframing, but...



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Reviews

Completely essential read publication. It is really basic but excitement in the fifty percent of the book. You will not really feel monotony at anytime of your respective time (that's what catalogues are for about in the event you ask me).

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Absolutely among the best book We have ever study. It is actually writer in easy words instead of hard to understand. I found out this publication from my i and dad encouraged this book to find out.

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