



Rewiring the Brain: Living Without Stress and Anxiety Through the Power of Consciousness

By Rajnish Roy

Xlibris Corporation. Hardcover. Book Condition: New. Hardcover. 260 pages. Dimensions: 9.0in. x 6.0in. x 0.8in. Rewiring the Brain is not just another book on stress. It explores a daring and innovative path to accessing the power of consciousness as a more effective and lasting solution to tackle stress and emotional afflictions. The present remedies, such as drills of positive thinking and self-hypnosis through beliefs, accrue only temporary solace and euphoria that wear off sooner than expected. Also our reasoning power is not able to rein in the unyielding force of negative emotions that fuel stress and depression. Hence, this book pursues a new approach. It outlines also certain ways that slow down aging process and enhance memory, attention span, and emotional equilibrium. The book is a fascinating journey to the inner world of self-its constructs of emotions, thoughts, and memories-to discover why one behaves the way one does. We go through myriads of joys and sorrows in the long course of life, but hardly have the patience to pause and ponder over the reasons that make them. Does it matter Yes, much more than perhaps one realizes. Stress should not be seen as an isolated issue. It betrays the quality of...



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