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and the Anxiety
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Skills to Beat

Anxiety (Anxiety

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Anxious Brain by

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~~your anxious~~

~~brain~~ General

Anxiety Disorder

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~~7 Easy Tips~~ HOW

I GOT RID OF

(Obsessive

Anxious Thinking

\u0026amp; Painful

Rumination) The

5 Minute MIND

EXERCISE That

Will CHANGE YOUR

LIFE! (Your

Brain Will Not

Be The Same) The

Secret to

Stopping Fear

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and Anxiety Brain
(That Actually
Works) This
Exercise Will
Stretch Your
Brain (Neuroplas
ticity) - Dr
Alan Mandell, DC

5 Reasons The
Brain REJECTS
Your Recovery
From Anxiety **How
to Turn off the**

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Fight, Flight,

Freeze Response:

Anxiety Skills

~~#4 AMAZING BRAIN~~

~~TRICK FOR~~

~~ANXIETY! | (LIFE~~

~~CHANGING!)~~ How

to Confuse the

Amygdala to

Achieve Anxiety

Transformation

~~Simple Strategy~~

~~to Cure Anxiety~~

~~—Dr. Alan~~

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Mandell, DC 3

Instantly
Calming CBT
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Part 3 ~~REWIRE~~

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Doing ~~THIS~~
~~TODAY...~~ | Rob
Dial If You
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Change Your Life

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**How To Rewire
Your Anxious
Brain With
Neuroplasticity
[Fast] Rewire**

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Brain How

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provides a very
informative

explanation of
human anxiety

and practical
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it. Except for
the passing

reference to the

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- (1) deep
breathing, (2)
muscle
relaxation and
(3) exercise.

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neuroscience has
revealed an
extraordinary

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amount of
information
about how our
brains process
information. It
teaches us that
we have a cortex
in the front of
the brain that
is the thinking
part and an
amygdala in the
middle of the
brain that is

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This is How to Rewire Your Anxious Brain

The authors add three ways to resist cortex-based (conscious thought) panic attacks: (1) change your

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focus
(concentrating
How To Use The
on using a
Neuroscience
Crutch will do
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it); (2) stop
Anxiety Panic
worrying about
And Worry
other people's
opinions; and
(3) change your
thoughts, such
as change the
subject in your
mind, which can
be done on the

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spot or in
advance via
mediation (which
presumably would
include auto
suggestion and
self-hypnosis).

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anxious, it means that your brain is always sending you

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danger signals.

Staying calm and rational isn't possible, so

it's a task to turn off your amygdala. It's possible to turn your amygdala off, but you'll

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need to shift
your mindset.
How To Use The
It's up to you
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to trick your
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brain into
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thinking that
And Worry
what you face
isn't dangerous.

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Brain with These
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Silence means

meditation,

Affirmation

means repeating

a positive

mantra in your

head,

Visualization

means picturing

your perfect

day, Exercise is

some light

exercise early

in the morning

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to get the blood
flowing, Reading

How To Use The
means reading

Neuroscience
non-fiction

(usually
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something
Anxiety Panic

related to
And Worry

meditation or

self-help) and

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writing down

your thoughts.

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You can rewire
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of the brain)

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are essential players in the neuropsychology of anxiety. The

amygdala acts as

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response, and oftentimes, when

this part of the

brain processes

fear, you may

not even

understand why

you are afraid.

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secrets of
rewiring your
brain and
breaking up
anxious and
panicky patterns
is to recognize

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that it is very
often caused by
a protective
self-reinforcing
cybernetic loop
that has
established
itself within
the body.

How to Rewire
your Brain to
get rid of
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Strong social connections improve quality of life and emotional wellness, so engaging with others more regularly can be another great way to boost brain health and help relieve

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psychologist
offers readers a
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Our brains are
hardwired to
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from time to

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time — for our
protection...

that's just part
of who we are.

When you feel
anxious it's
because your
body is

responding to a
stimulus (something
that you view
as being
negative — a
trigger), which

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It follows the
principle, “use

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acting in

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