



## The Stress-Proof Brain: Master Your Emotional Response to Stress Using Mindfulness and Neuroplasticity

By Melanie Greenberg

BRILLIANCE AUDIO, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Modern times are stressful--and it's killing us. Unfortunately, we can't avoid the things that stress us out, but we can change how we respond to them. In this breakthrough book, a clinical psychologist and neuroscience expert offers an original approach to help readers harness the power of positive emotions and overcome stress for good. Stress is, unfortunately, a natural part of life--especially in our busy and hectic modern times. But you don't have to let it get in the way of your health and happiness. Studies show that the key to coping with stress is simpler than you think--it's all about how you respond to the situations and things that stress you out or threaten to overwhelm you. The Stress-Proof Brain offers powerful, comprehensive tools based in mindfulness, neuroscience, and positive psychology to help you put a stop to unhealthy responses to stress--such as avoidance, tunnel vision, negative thinking, self-criticism, fixed mindset, and fear. Instead, you'll discover unique exercises that provide a recipe for resilience, empowering you to master your emotional responses, overcome negative thinking, and create a more tolerant, stress-proof brain. This...



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