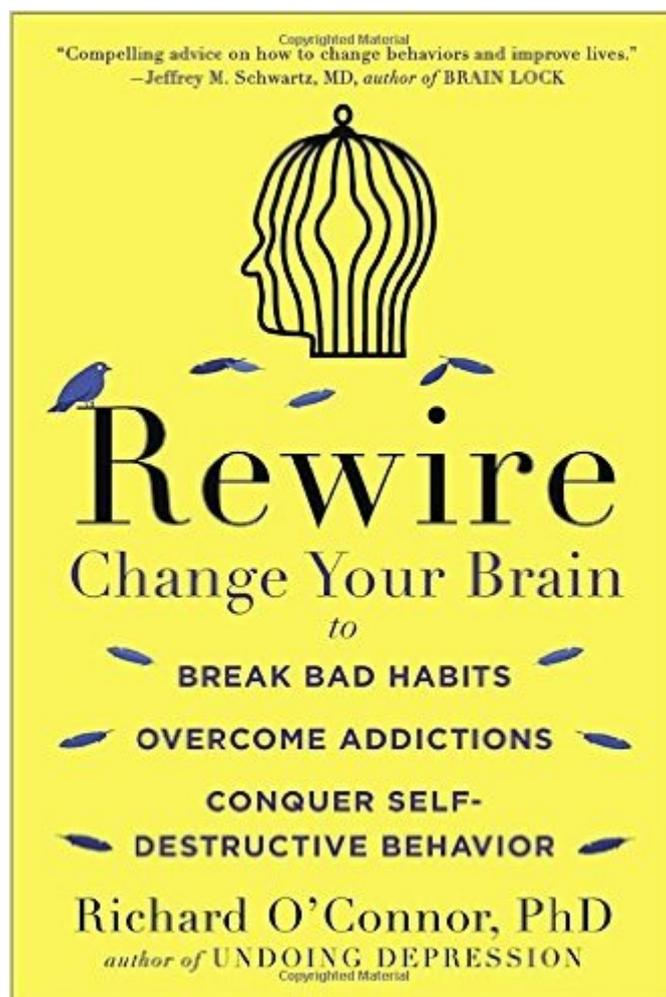


The book was found

Rewire: Change Your Brain To Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior



Synopsis

The bestselling author of *Undoing Depression* offers a brain-based guide to permanently ending bad habits. Richard O'Connor's bestselling book *Undoing Depression* has become a touchstone in the field, helping thousands of therapists and patients overcome depressive patterns. In *Rewire*, O'Connor expands those ideas, showing how we actually have two brains—a conscious deliberate self and an automatic self that makes most of our decisions—and how we can train the latter to ignore distractions, withstand temptations, and interrupt reflexive, self-sabotaging responses. *Rewire* gives readers a road map to overcoming the most common self-destructive habits, including procrastination, excessive worrying, internet addiction, overeating, risk-taking, and self-medication, among others.

Book Information

Paperback: 304 pages

Publisher: Plume; Reprint edition (July 21, 2015)

Language: English

ISBN-10: 0147516323

ISBN-13: 978-0147516329

Product Dimensions: 5.3 x 0.7 x 8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (65 customer reviews)

Best Sellers Rank: #23,110 in Books (See Top 100 in Books) #73 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Neuropsychology](#) #841 in [Books > Self-Help > Personal Transformation](#)

Customer Reviews

I came across Aristotle's insight decades ago and (with mixed results) have since tried to apply it in my life. Frankly, it has not been easy to replace bad habits with good habits, avoid or overcome addictions with moderation or abstinence, and minimize (if not eliminate) self-destructive behavior. What's the problem? According to Richard O'Connor, "Too often, our behavior takes on a life of its own and turns into a pit we cannot crawl out of, even if we're aware of what makes us miserable. Then there are self-destructive patterns that we don't see but that still hurt us over and over." Most humans seem to have two brains rather than one and they do not work very well together. They compete for control of our decision-making process. "The bottom line is that there are powerful forces within us that resist change, even when we can clearly see what would be good for us. Bad

habits die heard. It seems as if we have two brains, one wanting the best for us, and the other digging in its heels in a desperate, often unconscious, effort to hold on to the status quo. New knowledge about how the brain works is helping us to understand this divided self, giving us guidance and hope that we can do more to overcome our fears and resistance."So what we have here is everything that O'Connor has learned thus far about what the brain is, what it does, and what it can do as well as an explanation of how his reader can replace bad habits with good habits, avoid or overcome addictions with moderation or abstinence, and minimize (if not eliminate) self-destructive behavior.

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