Simultaneous Release

Jeffrey M. Schwartz, M.D., and Rebecca Gladding, M.D.

You Are Not Your Brain
The 4-Step Solution for Changing Bad Habits, Ending Unhealthy Thinking, and Taking Control of Your Life

Two neuroscience experts explain how their four-step method can help break destructive thoughts and actions and change bad habits for good.

A leading neuroplasticity researcher and the coauthor of the groundbreaking books Brain Lock and The Mind and the Brain, Jeffrey M. Schwartz has spent his career studying the structure and neuronal firing patterns of the human brain. He pioneered the first mindfulness-based treatment program for people suffering from obsessive-compulsive disorder, teaching patients how to achieve long-term relief from their compulsions.

For the past six years, Schwartz has worked with psychiatrist Rebecca Gladding to refine a program that successfully explains how the brain works and why we often feel besieged by bad brain wiring. Just like the compulsions of OCD patients, they discovered that bad habits, social anxieties, self-deprecating thoughts, and compulsive overindulgence are all rooted in overactive brain circuits. The key to making life changes that you want—to making your brain work for you—is to consciously choose to starve these circuits of focused attention, thereby decreasing their influence and strength.

In You Are Not Your Brain, Schwartz and Gladding carefully outline their program, showing listeners how to identify negative brain impulses, channel them through the power of focused attention, and ultimately lead more fulfilling and empowered lives.

Marketing

• Schwartz is the bestselling author of Brain Lock
• National television interviews
• Schwartz speaks frequently on both his research and his prescription for curing OCD-related disorders
• Gladding has regularly appeared on the A&E series Obsessed as an OCD expert

Jeffrey M. Schwartz, M.D., is a research psychiatrist at the UCLA School of Medicine and a seminal thinker in the field of self-directed neuroplasticity. He is the author of nearly one hundred scientific publications in the fields of neuroscience and psychiatry as well as several books, including Brain Lock, The Mind and the Brain, and A Return to Innocence. He lives in Los Angeles.

Rebecca Gladding, M.D., is a clinical instructor and attending psychiatrist at the UCLA Resnick Neuropsychiatric Hospital and the Semel Institute for Neuroscience and Human Behavior.

Mel Foster, an audiobook narrator since 2002, won an Audie Award for Finding God in Unexpected Places by Philip Yancey and an AudioFile Earphones Award for the novel Match Made in Heaven by Bob Mitchell.

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