



Retraining the Brain: A 45-Day Plan to Conquer Stress and Anxiety

Dr. Frank Lawlis

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
Dr. Frank Lawlis

Retraining the Brain: A 45-Day Plan to Conquer Stress and Anxiety Dr. Frank Lawlis
Stress relief that works from the *New York Times* bestselling author of *The ADD Answer* and the chief content advisor for the *Dr. Phil* show

With his bestselling books, Frank Lawlis has brought psychological relief to millions. In his latest book, he addresses one of the most common challenges of everyday life - dealing with stress and anxiety.

In *Retraining the Brain*, Dr. Lawlis clearly explains the neurological factors that make stress so traumatizing and lays out a powerful plan for changing our brains to improve the way we cope. The secret is to take advantage of our brain plasticity, our ability to essentially reprogram the way we think simply by following this forty-five-day program to change our behavior. Drawing on his work at his renowned clinic, Dr. Lawlis takes us through the different types of stressors and shows how we can apply the principles of brain plasticity to hardwire new, healthier response patterns. With its simple but effective exercises, *Retraining the Brain* offers an exciting new method for reducing stress and increasing our overall happiness.

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