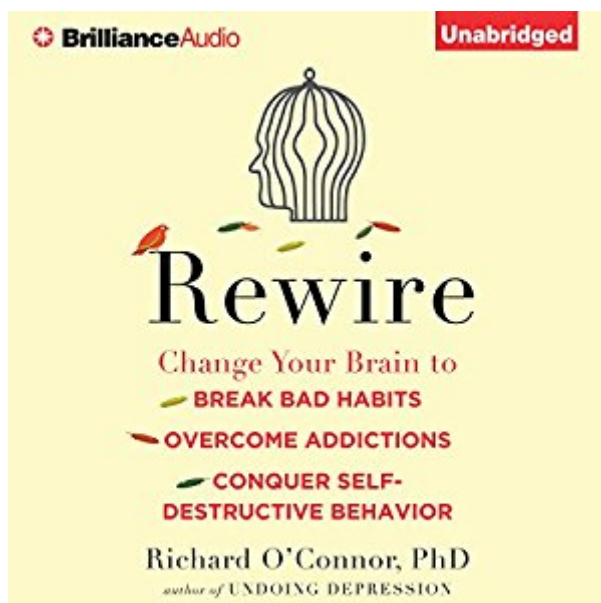


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# Rewire: Change Your Brain To Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior



## Synopsis

The bestselling author of *Undoing Depression* offers a brain-based guide to help us finally get rid of the bad habits that plague us. We humans tend to get in our own way time and time again - whether it comes to not speaking up for ourselves, going back to bad romantic partners, our umpteenth diet, or engaging in any of a range of bad habits we just can't seem to shake. In *Rewire*, renowned psychotherapist Richard O'Connor, PhD, reveals why our bad habits die so hard. We have two brains - one a thoughtful, conscious, deliberative self, and the other an automatic self that does most of the work without our attention. Using new research and knowledge about how the brain works, the audiobook clears a path to lasting, effective change for behaviors that include: procrastination, overeating, chronic disorganization, staying in bad situations, excessive worrying, risk-taking, passive aggression, self-medication, and more. Bringing together many different fields in psychology and brain science, *Rewire* offers a refreshing, science-based new paradigm for readers of Charles Duhigg and Frank Lawlis.

## Book Information

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## 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 hard. 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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