



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

*Frank Lawlis*

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

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

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Author : Frank Lawlis

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**Frank Lawlis**

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# From Reader Review Retraining the Brain: A 45-Day Plan to Conquer Stress and Anxiety for online ebook

## Lindsay says

I sat next to this man on a plane, and not only was he incredibly nice, he is clearly very bright and accomplished. Dr. Phil was his student, and they continue to work together. I asked him if he'd written any books, and he answered, "yes. 12."  
So I'd like to check them out, although since I don't have a child with ADD I'm not so interested in those...

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## Susannah says

Very interesting. Lots to think about --- lots here to affirm what I've known for some time. Thanks Dr. Lawlis.

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## Deodand says

This is a good introduction for someone who hasn't investigated this self-help genre before. There wasn't any new information here for me, perhaps because Lawlis's book has been summarized so many times on television. It did serve to remind me of the power of music to relieve anxiety symptoms.

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## Krista says

In my opinion Mr. Lawlis did a great job with this self-help book. There is a lot of interesting information in it that shows us how the brain can be rewired and your thought processes can be changed. Granted the book does cover many different topics ranging from stress overload to OCD and PTSD. There are exercises at the end of the book that I think are helpful and a great addition to the book. It is a good book to read if you are truly wanting to retrain your brains way of thinking. It is not a simple solution, as there is none, but requires work and dedication on your part. Great job Mr. Lawlis on what I considered a very helpful book.

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## Chris says

A clinically-written book about reducing stress and finding greater peace.

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## Janice says

Reading this with a friend, as we learn to better control our stress!

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### **Veryvera says**

saw him on dr. phil and was interested. concepts are understandable but not all chapters apply

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### **Rachel Meyers says**

I'd probably give this book 3.5 stars if I could. I found it to be 90% about why people feel stress (most of it boils down to trauma) and 10% about what to do about it. I felt like I could have done a google search and come up with just as useful information.

I did like the case stories he used in his book to illustrate his points.

The real problem I had with this book is the problem I have with many non-fiction books; they are very repetitive. The same points are reiterated so many times, it becomes exhausting and I only want to skim through most of the middle and end of the book because I feel like I've read it all previously in the book. That's why it took me 9 months to get through it. The last 20 pages were very helpful, but I'm not sure why those weren't mentioned earlier in the book - given the title.

I did glean some useful tools for dealing with stress - like retraining neuro pathways, etc. But I felt the book was more about trauma and PTSD (which I have), relabeled as "stress".

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### **Valerie Snow says**

This book could have been condensed to an article. He keeps repeating the same information over and over in different ways and different contexts. Good information, just not really enough to make reading a book worthwhile.

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### **Michelle says**

Incorrect data in this book. For example, motor function occurs in frontal lobe (specifically pre central gyrus - primary motor cortex), not parietal lobe.

Okay book if you are unfamiliar with anxiety, depression etc. If you are more than familiar with your symptoms and possible solutions, this book doesn't offer much new.

Also, too broad. It addresses disorders ranging from anxiety to depression and from ADHD to obsessive compulsive. Although there is co-morbidity between these disorders, not everyone would be diagnosable with more than one. The 45 day plan gives daily activities but some activities are tailored to a specific disorder, so it's not really a 45 day plan for everyone.

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**Ruth Hamilton says**

This book is easy to read and offers techniques for controlling stress that everyone can use.

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