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life, resiliency and openness allow you to rewire your brain to be flexible and accepting of the rich complexity of life. In chapter 9 , you will learn about the calming yet vitalizing role of

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Do you ever wonder what is happening inside your brain when you feel anxious, panicked, and worried? In Rewire Your Anxious Brain , psychologist Catherine Pittman and author Elizabeth Karle offer a unique, evidence-based solution to overcoming anxiety based in cutting-edge neuroscience and research.

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Getting your brain to do difficult things " working, staying calm, dealing with stress " takes effort, especially if you aren't in the habit of controlling it. Fortunately, your brain is extraordinarily pliable, and with the right tools, you can rewire your brain pathways to respond better to challenging situations. Read on to learn how to reset your brain " at a biological level " for more focus and calm.

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