



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

By Richard O'Connor

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The bestselling author of *Undoing Depression* offers a brain-based guide to permanently ending bad habits

Richard O'Connor's bestselling book *Undoing Depression* has become a touchstone in the field, helping thousands of therapists and patients overcome depressive patterns. In *Rewire*, O'Connor expands those ideas, showing how we actually have two brains—a conscious deliberate self and an automatic self that makes most of our decisions—and how we can train the latter to ignore distractions, withstand temptations, and interrupt reflexive, self-sabotaging responses. *Rewire* gives readers a road-map to overcoming the most common self-destructive habits, including procrastination, excessive worrying, internet addiction, overeating, risk-taking, and self-medication, among others.

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Editorial Review

Review

“*Rewire* gives readers the tools to understand their bad habits and change their lives for the better. This highly practical book offers compelling and measured advice on how to change behaviors and improve lives.”—**Jeffrey M. Schwartz, MD, author of *You Are Not Your Brain and Brain Lock***

“*Rewire* is essential reading for people and clinicians trying to improve their own life and the lives of everyone around them. Fascinating and powerful advice on ending negative thoughts and behaviors and improving your brain.”—**Andrew Newberg, MD, author of *Words Can Change Your Brain***

About the Author

RICHARD O'CONNOR, PHD, is a practicing psychotherapist with offices in New York and Connecticut, where he currently lives.

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Each time we engage in a bad habit, we make it more likely we'll do it again in the future. But in the same way, each time we engage in a good habit, we make it more likely that we'll do it again. You can learn to program your own brain so that making the right choices and exercising willpower comes to seem easy and natural.

Users Review

From reader reviews:

Ramon Hudson:

People live in this new day time of lifestyle always make an effort to and must have the free time or they will get great deal of stress from both way of life and work. So , when we ask do people have spare time, we will say absolutely sure. People is human not just a robot. Then we inquire again, what kind of activity are there when the spare time coming to an individual of course your answer may unlimited right. Then do you try this one, reading books. It can be your alternative inside spending your spare time, often the book you have read is usually *Rewire: Change Your Brain to Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior*.

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Sharon Wilson:

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