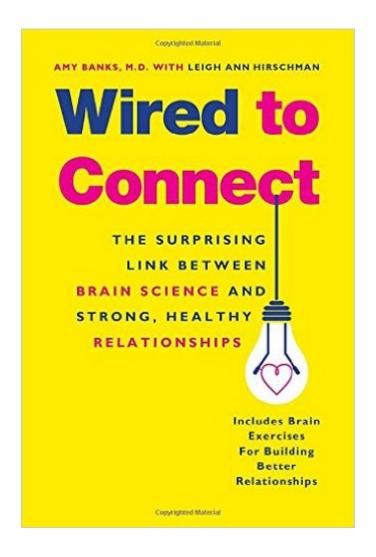
The book was found

Wired To Connect: The Surprising Link Between Brain Science And Strong, Healthy Relationships





Synopsis

Research shows that people cannot reach their full potential unless they are in healthy connection with others. Dr. Amy Banks teaches us how to rewire our brains for healthier relationships and happier, more fulfilling lives. We all experience moments when we feel isolated and alone. A 2006 Purdue University study found that twenty-five percent of Americans cannot name a single person they feel close to. Yet every single one of us is hardwired for close relationships. The key to more satisfying relationshipsâ "be it with a significant other, a family member, or a colleagueâ "is to strengthen the neural pathways in our brains that encourage closeness and connection. In this groundbreaking book, Dr. Banks give us a road map for developing the four distinct neural pathways in the brain that underlie the four most important ingredients for close relationships:Â calmness, acceptance, emotional resonance, and energy. Wired to Connect gives you the tools you need to strengthen the parts of your brain that encourage connection and to heal the neural damage that disconnection can cause.

Book Information

Paperback: 320 pages

Publisher: TarcherPerigee; Reprint edition (February 2, 2016)

Language: English

ISBN-10: 1101983213

ISBN-13: 978-1101983218

Product Dimensions: 5.5 x 0.8 x 8.4 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars Â See all reviews (10 customer reviews)

Best Sellers Rank: #46,064 in Books (See Top 100 in Books) #37 in Books > Self-Help >

Relationships > Friendship #486 in Books > Self-Help > Relationships > Interpersonal Relations

#552 in Books > Health, Fitness & Dieting > Mental Health > Happiness

Customer Reviews

Very nice science and what to do with it. Good writing, not condescending, but not dumbed down, either. it's the kind of book you like to underline and refer back to again, and again. The connection between good feeling and good relationships has always intrigued me, but from reading this book I now understand much more in detail why that connection exists and how to promote it.

Dr Banks's CARE protocol is deeply insightful. Calm, Accepted, Resonant and Energetic: these

categories correspond to four brain circuits that are crucial not just to having strong, healthy relationships but also to thriving in life in general. Her argument for relationships as the centerpiece of our overall health and well-being is convincing, with exercises that are useful and easy to implement. I especially appreciated the CARE assessment, which was highly revealing about the nature of my own relationships.

Dr. Banks gives research and theory on the etiology of humans inability to relate in an optimal manner. Personal stories of treatment and practical techniques to resolve impairments are given.

Love this book. LOVE it! I admit to being a bit of a geek, AND I also just interviewed her for our show. But the information in here, is invaluable, and the way it laid out makes it both incredibly accessible, AND with stories, studies and examples, incredibly easy to remember!

Excellent book! The author writes in a clear, descriptive and humorous style with real-live tips and examples. I love it!

Download to continue reading...

Wired to Connect: The Surprising Link Between Brain Science and Strong, Healthy Relationships Social: Why Our Brains Are Wired to Connect My Grain & Brain Cookbook: 101 Brain Healthy and Grain-free Recipes Everyone Can Use To Boost Brain Power, Lose Belly Fat and Live Healthy: A Gluten-free, Low Sugar, Low Carb and Wheat-Free Cookbook Eastern Psychology: The Missing Link Between Religion and Science: Theosophical Classics Grain Brain: The Surprising Truth About Wheat, Carbs and Sugar - Your Brain's Silent Killer Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) A Simple Guide to: Create a Wired Home Network between Windows Vista and Windows 7 But Smoking Makes Me Happy: The Link Between Nicotine and Depression (Tobacco: The Deadly Drug) Asthma - A Link Between Environment, Immunology, and the Airways: Proceedings of the XVIth World Congress of Asthma, Buenos Aires, October 17-20, 1999 Hidden In Plain Sight: The simple link between relativity and quantum mechanics The Playful Brain: The Surprising Science of How Puzzles Improve Your Mind Wired for Love: How Understanding Your Partner's Brain and Attachment Style Can Help You

Defuse Conflict and Build a Wired for Healing: Remapping the Brain to Recover from Chronic and Mysterious Illnesses Strong Women, Strong Bones: Everything You Need to Know to Prevent, Treat, and Beat Osteoporosis, Updated Edition Strong Women, Strong Bones: Everything you Need to Know to Prevent, Treat, and Beat Osteoporosis 400 STRONG VERBS FOR ROMANCE AND EROTICA WRITERS (Strong Verbs for Writers Book 1) Start Strong, Finish Strong Strong Fathers, Strong Daughters Devotional: 52 Devotions Every Father Needs

Dmca