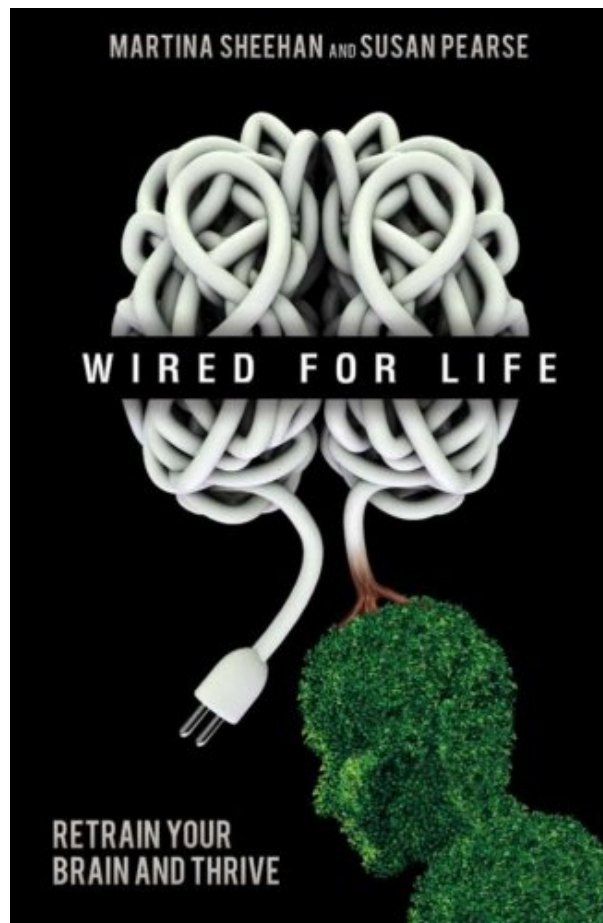
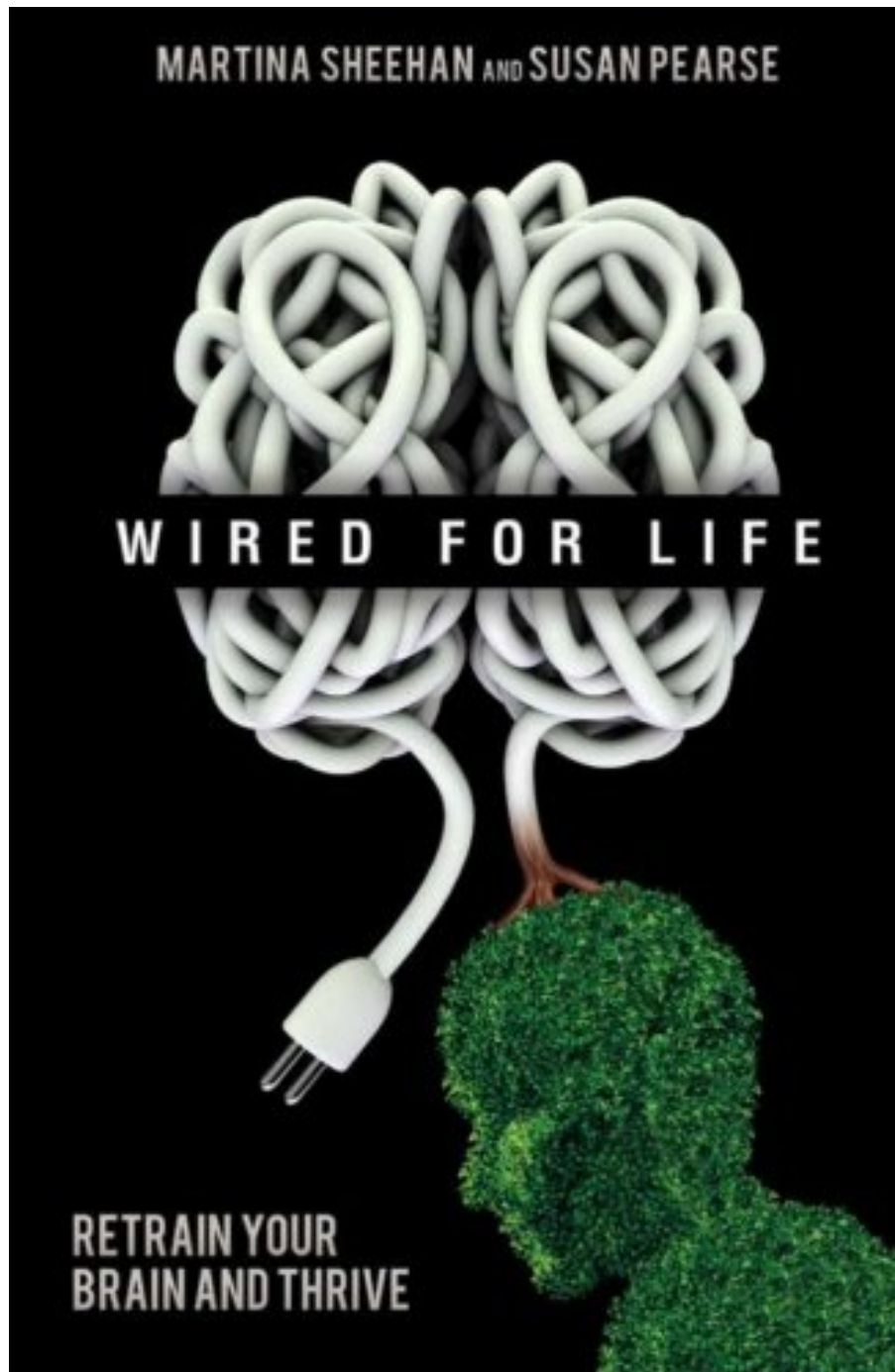


WIRED FOR LIFE: RETRAIN YOUR BRAIN AND THRIVE BY SUSAN PEARSE



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About the Author

Martina Sheehan and Susan Pearse are dedicated to making the science of the mind accessible to all. For over a decade they have shared their mind gardening techniques with some of Australia's most high profile businesses. In 2009 they launched the Mind Gardener(R) range, a series of step-by-step guides that making mind training easy. Often seen in the media, articles on Mind Gardener(R) have been published widely. The authors have appeared on national TV and radio and are sought-after guest speakers who have inspired audiences with their entertaining style and thought provoking ideas.

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WIRED FOR LIFE: RETRAIN YOUR BRAIN AND THRIVE BY SUSAN PEARSE PDF

Why do some people thrive while others merely survive? It seems that the answer lies not in the circumstances that we each experience, but rather, in our individual brains. This title explains why we think, decide and act the way we do. It shows you how to Wake Up, Think Differently, and Grow, changing your life in often surprising ways.

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Most helpful customer reviews

3 of 3 people found the following review helpful.

Want to understand why you do or don't do things? Get this book!

By Louise D'Allura

The book is a fantastic resource that I go back and re-read every so often. I have recommended it to a lot of clients and bought it for them as well because I love the content. It explains in plain English how the brain works and how unhelpful thinking stops us in our tracks from moving forward.

The book highlighted for me how to stop being on autopilot - that we need to train our brain literally to WAKE UP and THINK DIFFERENTLY! I have found it hugely beneficial to my work life and personal life. As a Home Economist and Professional Organiser I could relate the theory to the process of decluttering - both to the physical and mental aspects of clutter.

So often we JUMP TO ACTION - ie buy containers because we think THAT will make us be organised. Of course it never does! It is the last thing you want to do - and the book really helps you understanding why we need to STOP AND NOTICE - why do you do what you do. Being fully present and NOTICE what is going on and WHY is key to making change and embed new habits.

The book talks a lot about this and how creating new habits requires us to be even more disciplined in our thinking because our brain LOVES BEING ON AUTO PILOT.... ("do I really have to THINK? YES BRAIN - you do!") The book also talks about identifying your fears and has some practical tools to re-wire your thinking around worry and our to do lists!

It will literally set you up well to WAKE UP, Think Differently and GROW!!

2 of 2 people found the following review helpful.

So easy to adjust your mindset to live better

By Tri

Loved this book which was easy to read and provides real tools to help you live a more fulfilling and happier life. In particular, I really enjoyed the use of "real" people examples and recognised myself in a few of them which made it easier to identify the tools that were more specifically relevant for me. As a mother, I also found myself thinking about the influence I have on my children, and how I can best encourage them not to fall into my own traps and fears and instead how I can pro-actively encourage them into healthy mindsets from a young age so that they can thrive in any situation. Definitely worth a read, and a book that I will come back to again and again to re-focus myself.

3 of 4 people found the following review helpful.

This is awesome well informed and SERIOUSLY helps!!!

By Kara

When we started this book it was SO hard to put down because it's so simply and easily written, and we started having immediate changes to things we'd struggled with for years, without even trying to apply the tools given. The knowledge alone made an incredible impact and helped us suddenly see the things that have caused fights within our home and families and most importantly within ourselves, for years. Understanding WHAT is happening to yourself and in your own mind when you get "flooded" and then having the tools to actually do something about it is so simple and so vital, and this book makes it EASY to understand.

I've done a lot with this type of learning (brain training), and this book is by far the most simple and easy to process and digest that I've found yet.

It cuts straight to the point and has fantastic, realistic examples to help you relate it to your own life. It is totally awesome! And helps you do exactly what it says, Retrain Your Brain and Thrive. =)

If you love this book you should totally check out:

The Whole Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, by Daniel Siegel (whose work is referenced in this book) and Tina Payne Bryson.

They are a brain doc and a child psychiatrist who've come together to write a book (sometimes a little science-y but there are cartoon visual aids and sections to help parents apply the information to themselves as well) to help parents (and their children) be able to understand how a child's brain works so that they can improve their survival mode and learn to thrive. The lessons beyond that are innumerable. I think they also have the same type of book for teens out but we have a little one so we haven't read it yet.

And if this type of learning and advancement is something you're interested in, check out your local community college or university (even if you already have a degree - this class is worth it) and take a Logic class (in the philosophy department) and help train your brain to think more clearly, and improve your critical thinking skills. Makes a HUGE difference in your capabilities in life! If you suffered a poor education (like I did) you will want to take a few basic classes before hand to get used to college level

learning and test taking and the classroom environment and so on, because it can be a very challenging class, but the change you experience from the knowledge and skill you will learn is so incredible it's worth the challenge. Although, reading this book first would help a ton!

See all 10 customer reviews...

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