



Soar Above: How to Use the Most Profound Part of Your Brain Under Any Kind of Stress

By Steven Stosny

HEALTH COMMUNICATIONS, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book. Success in work, love, and life depends on developing habits that activate the powerful prefrontal cortex when we need it most. Unfortunately, under stress, the human brain tends to revert to emotional habits we forged in toddlerhood: blame, denial, avoidance, reacting to a jerk like a jerk, and turning our connections into cold shoulders or worse. In *Soar Above*, renowned relationship expert Dr. Steven Stosny offers a groundbreaking formula for building new, pressure-resistant habits. Based on research in psychology, neurobiology, and anthropology, Stosny will show anyone how to switch to the adult brain automatically when things get tough and to soar above the impulse to make things worse. Filled with engaging examples from his lectures and therapeutic work with more than 6,000 clients, he explains how to use two potent laws of emotion interaction-- reciprocity and contagion -- to inspire those around you, creating collaboration and community instead of chaos and confusion. Most importantly, readers will learn how, through practice, they can get off the treadmill of repeating past mistakes to become their best selves at home, at work, and in...



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