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Rewire Your Brain For Love In
Rewire Your Brain for Love, she
takes you on a journey through
seven high-voltage relationship
benefits—everything from keeping
your fear from running the show to
cultivating healthy, balanced
empathy—and offers specific
mindfulness practices to help bring
those benefits into your life. With a
few minutes of practice a day, you
can change the way you interact
with everyone around you . . .
especially those closest to
you. Rewire Your Brain for Love:
Creating Vibrant Relationships ... In
Rewire Your Brain for Love,
neuropsychologist and
psychotherapist Marsha Lucas, PhD,
helps you untangle those

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patterns. By bringing non-

judgmental, present moment

awareness to the old fears that

attack when we're triggered, we

can learn to self-soothe and

respond skillfully. Rewire Your Brain

for Love - Mindful Rewire Your Brain

for Love explores how we

developed our current relationship

wiring, and how to modify it

through mindfulness meditation.

The book shows how a short daily

practice can result in seven key

relationship benefits, including

improved communication with

yourself and others, an enhanced

ability to handle fear, and being

more emotionally authentic and

resilient. Rewire Your Brain For Love

| The Book | Marsha Lucas PhD ...

1. Manage your body's reactions 2.

Regulate your response to fear 3.

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Become emotionally resilient 4.

Become flexible in your responses

5. Develop insight into yourself 6.

Develop empathy and attunement
within yourself and with others 7.

Shift your perspective from “me” to

“we.” Rewire Your Brain For Love -

Rewire Me In Rewire Your Brain for

Love, neuropsychologist and

psychotherapist Marsha Lucas, PhD,

helps you untangle those

relationship snarls, bringing

together the latest neuroscience

with a practice consistently

heralded by top academic

institutions for its effectiveness in

changing the brain: the practice of

mindfulness meditation. Rewire

Your Brain for Love - Hay

House Also in Rewire Your Brain For

Love, released in February, Lucas

discusses how many successful

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Mind. You can overcome your biggest

challenges — stress, anxiety, or depression don't need to run your life or hijack your relationships. Together with my 25 years of experience as a psychologist and neuropsychologist, we'll team up to help you become more powerfully effective, moving past your obstacles and living the life you want.

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