



The End of Stress: Four Steps to Rewire Your Brain

By Don Joseph Goewey

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We all know that stress is serious. If ignored too long, it becomes life-threateningly serious. Yet 83 percent of Americans are doing nothing about it. Don't be one of them. There's now a solution to stress that literally rewires your brain for a life of doing well, and being well, on your way to flourishing.

The most important brain discovery in the last 400 years concerns a simple but powerful shift in attitude that can change a brain wired for stress into a brain powered for success. This specific shift literally rewires the brain to deliver the full measure of intelligence, creativity, and emotional balance that enables you to flourish instead of struggle. It's a higher state of mind anyone can attain stimulating the higher brain function that unblocks the health, wealth, and love we all desire.

Fail to make this shift and you will lack the brainpower to fulfill your dreams. Your stress provoking brain will continue to dump toxic stress hormones into your system, shrinking brain mass, limiting brain bandwidth, depressing your emotional set point, and shortening your lifespan.

You can solve these problems and fulfill your aspirations. *The End of Stress: Four Steps to Rewire Your Brain* guides you through an evidence-based process that achieves this powerful shift. The book is designed as a workshop-in-a-book, supported by a website of tools, audio files, and materials that make it easy.

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The End of Stress: Four Steps to Rewire Your Brain By Don Joseph Goewey Bibliography

- Sales Rank: #189486 in Books
- Brand: Beyond Words Publishing
- Published on: 2014-09-23
- Released on: 2014-09-23
- Original language: English
- Number of items: 1
- Dimensions: 8.37" h x .60" w x 5.50" l, .0 pounds
- Binding: Paperback
- 240 pages

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Editorial Review

Review

"The End of Stress is the most compelling book on the market that addresses what is fast becoming the #1 talent management opportunity of the 21st century: stress....A must-read for anyone interested in improving human performance—their own or others." (Eric Severson, Global Vice President of Human Resources at The Gap)

"There is no one better qualified than Don Joseph Goewey to offer you a solution to stress that paves the way to a powerful brain to lift your life even higher than where you currently stand. Take my word for it, this book will enable you to attain that goal." (Gerald G. Jampolsky, MD, author of Love is Letting Go of Fear and A Mini Course for Life)

"Unlike most regimens, which can feel like work, following The End of Stress feels good." (Barbara Wexler, epidemiologist, medical writer, and author of Reducing Stress)

"If your life is hard because of stress...this book is for you! Don Joseph Goewey creates a clear, simple, calming pathway that will move you from chaos to peace of mind." (Jim Horan, President of The One Page Business Plan Company and author of The One Page Business Plan)

About the Author

Don Joseph Goewey managed the department of psychiatry at Stanford Medical School, ran a regional emergency medical services system, and for twelve years headed an internationally recognized institute that pioneered an approach to catastrophic life events. He has worked with some of the most stressful situations on earth—with people facing terminal illness, parents struggling with the loss of a child, prisoners adjusting to a life sentence, and refugees of the genocidal war in Bosnia struggling with extreme post-traumatic stress. He spent six years directing a think tank aimed at integrating breakthroughs in neuroscience and psychology. From this work, he innovated a model for changing brain structure to extinguish stress reactions and amplify the higher brain function that enables a human being to flourish. The success of the model in helping people end stress in high-pressure workplaces like Cisco Systems and Wells Fargo has been unprecedented.

Users Review

From reader reviews:

Jennifer Frederick:

Why don't make it to be your habit? Right now, try to ready your time to do the important work, like looking for your favorite guide and reading a publication. Beside you can solve your condition; you can add your knowledge by the publication entitled The End of Stress: Four Steps to Rewire Your Brain. Try to the actual book The End of Stress: Four Steps to Rewire Your Brain as your buddy. It means that it can to be your friend when you truly feel alone and beside associated with course make you smarter than before. Yeah, it is very fortunated for yourself. The book makes you much more confidence because you can know anything by the book. So , let me make new experience and knowledge with this book.

Harold Walsh:

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Guadalupe Hauser:

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Elaine West:

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