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The Insight Cure (Hardcover) Change Your Story, Transform Your Life. By John Sharp. Hay House Inc., 9781401953249, 272pp. Publication Date: February 13, 2018. Other Editions of This Title: Paperback (12/1/2020)

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Insight Cure: Change Your Story, Transform Your Life - John Sharp - ISBN: 9781788175227. Every person has a story, a personal narrative that informs their life, their decisions, and their way of thinking. But did you know that your story also affects the wiring of your brain? John Sharp MD, renowned

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Insight Treatment Programs are recognized as a leader in Intensive Outpatient Treatment (IOP) for teens, (13-19 years of age), struggling with mental health and/or substance abuse issues.

Every person has a story, a personal narrative that informs their life, their decisions, and their way of thinking. But did you know that it also affects the wiring of your brain?

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Renowned psychiatrist and professor at Harvard Medical School John Sharp, M.D., offers an eight-step process to discovering your unconscious narrative and using your new insight to eradicate the "false truth" that has been at the core of your self-sabotage. His unique approach integrates four core domains of applied psychology—control mastery theory, attachment theory, narrative therapy, and positive psychology—with his own research and professional experience to construct an insightful and soul-searching path to insight. Throughout his step-by-step process, Dr. Sharp provides:

- The “ Sharp Focus ” to distill and emphasize important concepts
- Quizzes to help you analyze your internal and external tendencies
- “ First Impressions ” case studies from his professional practice
- Awareness,

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insight, change, and narrative tools to facilitate your transformation · “ Gut Checks ” to help you figure out if you are ready to move on to the next step in the process Dr. Sharp ’ s approach is simple and accessible, with the power to wield profound results. Through exercises, quizzes, thorough exploration of case studies, and clear guidance, you will be able to find your false truth, rewrite your story, and transform your life. Once you have flipped the switch of insight, nothing can hold back the light that shines from within.

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- The 'Sharp Focus' to distil and emphasize important concepts
- Quizzes to help you analyze your internal and external tendencies
- 'First Impressions' case studies from his professional practice
- Awareness, insight, change and narrative tools to start your journey
- 'Gut Checks' to help you figure out if you are ready to move on to

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the next step in the process Dr Sharp's approach is simple and accessible, using exercises, quizzes, thorough exploration of case studies, and clear guidance to help you find your false truth, rewrite your story and transform your life.

Every person has a story, a personal narrative that informs their life, their decisions, and their way of thinking. But did you know that your story also affects the wiring of your brain? John Sharp MD, renowned psychiatrist and professor at Harvard Medical School, offers an eight-step process for discovering your unconscious narrative and using your new insight to eradicate the 'false truth' that has been at the core of your self-sabotage. His unique approach integrates four

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A clear path to overcoming uncertainty, perfectionism, and fears of rejection so you can finally find peace with the past and create a happier, healthier future “ Poppy ’ s powerful approach will help you take control of your thoughts so they don ’ t control you. ” —Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone*

Even before the pandemic brought on a crushing wave of stress, anxiety, isolation, life change, and financial struggle, there was already a growing mental health crisis. Due to a culture that encourages perfection, hustle, and fictional life/work balance, many are burning out. Behind her Instagram-projected image of “ happy wellness founder, ” Poppy Jamie was also struggling mightily with perfectionism

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and life purpose. She began working with mental health experts and researchers to find practical tools to overcome her inner critic and rewire her mind. She discovered that it is possible to create new neural pathways in your brain to break patterns of avoidance, challenge fears of not being good enough, and turn failure around by stretching the mind with new, healthier thought habits. The old wiring (and habits) that you 've been stuck with can be written-over. You can actually upgrade your headspace to make curiosity, vulnerability, compassion, and emotional flexibility your default settings. In the emphatic and trusted voice of Bridget Jones meets neuroscience, Poppy shares her Flexy Thoughts approach for changing how you react to emotional triggers and think of yourself while improving your mental and

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physical health, relationships, and vision of the future. Our emotional resilience may continue to be tested, but the new perspectives and strategies in Happy Not Perfect will help us bring confidence, adaptability, and acceptance to whatever comes next.

You are not doomed to be trapped by your trauma Trauma is unresolved pain. It hums in the background of our lives and robs us of the joy, faith, peace, and love we fully deserve. In their groundbreaking book, Pedram Shojai, O.M.D., New York Times best-selling author of The Urban Monk and The Art of Stopping Time, and Nick Polizzi, author of The Sacred Science, take you on a journey that encompasses:

- a clear understanding of trauma, where it comes from, and how it

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affects every part of your life • an exploration of modern and ancient therapies and practices for healing • real-life tragedies turning into stories of triumph, hope, and survival Drawn from the wisdom and insights of the world's top doctors, therapists, and experts, Trauma will show you that no matter what you have endured, how long you have carried it, or how deeply embedded it is, you can be free from pain and suffering. Your road to recovery and whole-body healing is before you, and with it the richer and more profound connections that you seek with yourself and your loved ones.

BRAIN PRESCRIPTIONS THAT REALLY WORK In this breakthrough bestseller, you'll see scientific evidence that

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your anxiety, depression, anger, obsessiveness, or impulsiveness could be related to how specific structures in your brain work. You're not stuck with the brain you're born with. Here are just a few of neuropsychiatrist Dr. Daniel Amen's surprising--and effective--"brain prescriptions" that can help heal your brain and change your life: To Quell Anxiety and Panic: , Use simple breathing techniques to immediately calm inner turmoil To Fight Depression: , Learn how to kill ANTs (automatic negative thoughts) To Curb Anger: , Follow the Amen anti-anger diet and learn the nutrients that calm rage To Conquer Impulsiveness and Learn to Focus: , Develop total focus with the "One-Page Miracle" To Stop Obsessive Worrying: , Follow the "get unstuck" writing exercise and learn other problem-solving

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exercises

A leading Harvard psychiatrist reveals how our emotional lives are profoundly shaped by the seasons, and how to recognize our own seasonal patterns and milestones In two decades of psychiatry practice, John R. Sharp has worked with many people who experienced the same emotional distresses at specific times of the year—a young woman who became depressed before Thanksgiving, a middle-aged man who felt anxious about making his summer travel plans, people who made uncharacteristically extreme decisions as spring approached. In *The Emotional Calendar*, Sharp reveals

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how environmental, psychological, and cultural forces profoundly affect the way we feel, and how the enduring effects of personal anniversaries can influence our moods and behavior year after year. Sharp also illustrates a wide range of individual responses to cultural phenomena: some people feel anxious at the start of a new school year or are undone by the prospect of tax season while others are buoyed by the start of a sports season. Sharp shows us how to recognize the milestones on our own emotional calendars, providing guidance for how to break stifling patterns and remedy destructive moods. This empathetic and deeply resonant book will help readers reach an emotional balance for the years ahead.

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'Until you make the unconscious conscious, it will direct your life and you will call it fate.' Carl Jung The essence of successful therapy is the relationship, a dance of growing trust and understanding between the therapist and the patient. It is an intimate, messy, often surprising and sometimes confusing business - but when it works, it's life-changing. Gill Straker and Jacqui Winship, two esteemed Sydney-based psychotherapists, bring us nine inspiring stories of transformation. They introduce us to their clients, fictional amalgams of real-life cases, and reveal how the art of talking and listening helps us understand deep-seated issues that profoundly influence who we are in the world and how we see ourselves in relation to others. We come to understand that the transformative power of the therapeutic

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relationship can be replicated in our everyday lives by the simple practice of paying attention and being present with those we love. Whether you have experienced therapy (or are tempted to try it), or you are just intrigued by the possibilities of a little-understood but transformative process, this wise and compassionate book will deepen your understanding of what it is to be open to connection - and your appreciation that to be human is to be a little bit mad.

A psychoanalyst explores the ways in which the process and mechanisms of therapy shape and alter the brain, the way psychotherapy works, and its effects on human interaction with the world

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