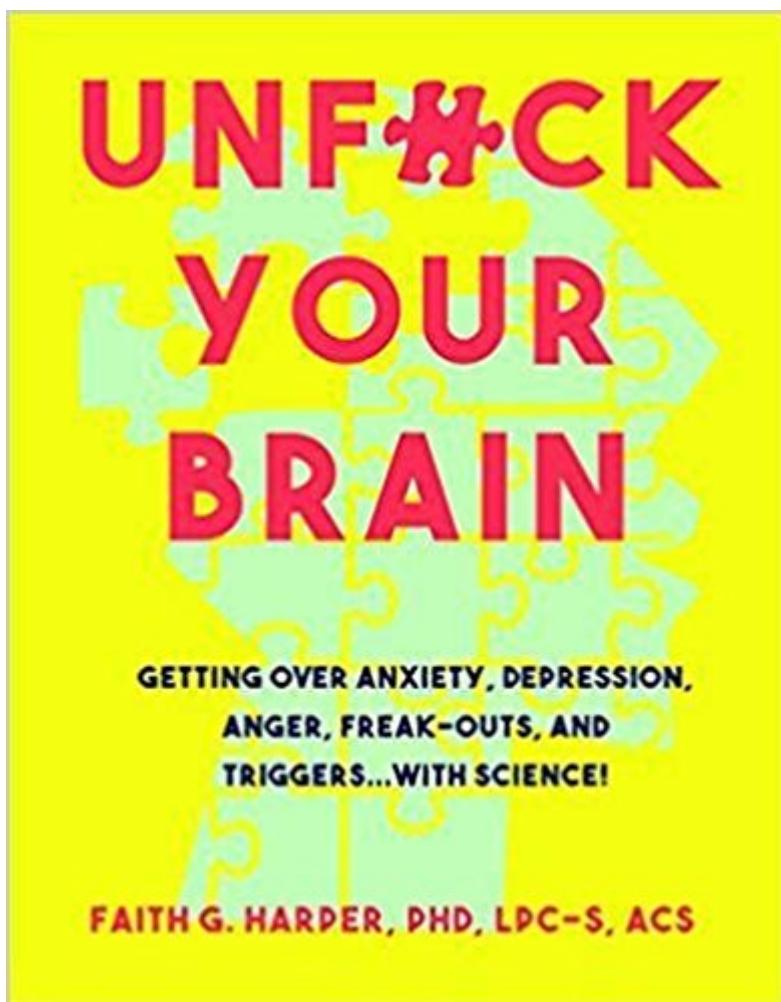


The book was found

# Unfuck Your Brain: Using Science To Get Over Anxiety, Depression, Anger, Freak-Outs, And Triggers



## Synopsis

A no-nonsense and helpful guide on how to cope with a slew of mental-health issues that are hellbent on ruining the lives of millions of people worldwide. Our brains do their best to help us out, but every so often they can be real assholes—having melt downs, getting addicted to things, or shutting down completely at the worst possible moments. Your brain knows it's not good to do these things, but it can't help it sometimes—especially if it's obsessing about trauma it can't overcome. That's where this life-changing book comes in. With humor, patience, science, and lots of good-ole swearing, Dr. Faith explains what's going on in your skull, and talks you through the process of retraining your brain to respond appropriately to the non-emergencies of everyday life, and to deal effectively with old, or newly acquired, traumas (particularly post-traumatic stress disorder).

## Book Information

Paperback: 192 pages

Publisher: Microcosm Publishing (November 7, 2017)

Language: English

ISBN-10: 1621063046

ISBN-13: 978-1621063049

Product Dimensions: 8 x 0.6 x 10 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #317,141 in Books (See Top 100 in Books) #104 in Books > Arts & Photography > Music > Musical Genres > Punk #310 in Books > Self-Help > Anxieties & Phobias #1785 in Books > Humor & Entertainment > Pop Culture > General

## Customer Reviews

As a passionate professor, counselor, and follower of neuroscience research, I strongly recommend *Unfuck Your Brain: Using Science to Get Over Anxiety, Depression, Anger, Freak-outs, and Triggers*. Dr. Harper's writing style definitely held my attention and made me laugh many times while still informing me about some complicated neuroscience and health related topics. This book is a wonderful change from all the dry, dull, writing I usually read on a daily basis. I encourage everyone dealing with any of these issues or who is interested in becoming updated in the recent neuroscience research to purchase a copy and start reading it today.

Allen Novian, PhD, LMFT, LPC-S, Adjunct Professor at St. Mary's University

Faith Harper, PhD, LPC-S, ACS, ACN is a bad-ass, funny lady with a PhD. She's a licensed professional counselor, board supervisor, certified sexologist, and applied clinical nutritionist with a private practice and consulting/training business in San Antonio, TX. She has been an adjunct professor and a TEDx presenter, and proudly identifies as a woman of color and uppity intersectional feminist. She is the author of several highly popular "five-minute therapy" zines on subjects such as anxiety, depression, and grief.

[Download to continue reading...](#)

Unfuck Your Brain: Using Science to Get Over Anxiety, Depression, Anger, Freak-Outs, and Triggers Depression: The Depression Cure: The 11-Step Program to Naturally Beat Depression For Life (depression cure, depression books, depression and anxiety, ... emotional intelligence, mood disorders) Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness Postpartum Depression Cure: The Self-Help Guide To Overcome Depression After Childbirth (Post partum anxiety, Post partum weight loss, Post partum depression) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. Anger Management: 7 Steps to Freedom from Anger, Stress and Anxiety Telling Yourself the Truth: Find Your Way Out of Depression, Anxiety, Fear, Anger, and Other Common Problems by Applying the Principles of Misbelief Therapy The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Anxiety: Rewire Your Brain Using Neuroscience to Beat Anxiety, Fear, Worry, Shyness and Panic Attacks Mindfulness for Teen Anger: A Workbook to Overcome Anger and Aggression Using MBSR and DBT Skills The Dialectical Behavior Therapy Skills

Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks) Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life Self-Administered EMDR Therapy: Freedom from Anxiety, Anger and Depression The Young Adult's Guide to Meditation: Easy Techniques That Reduce Stress and Relieve Anger, Anxiety, & Depression Beyond Anger: A Guide for Men: How to Free Yourself from the Grip of Anger and Get More Out of Life

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)