



Remapping Your Mind: The Neuroscience of Self-Transformation Through Story

By Lewis Mehl-Madrona, Barbara Mainguy

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Remapping Your Mind: The Neuroscience of Self-Transformation Through Story, Lewis Mehl-Madrona, Barbara Mainguy, We are born into a world of stories that quickly shapes our behavior and development without our conscious awareness. By retelling our personal, family, and cultural narratives we can transform the patterns of our own lives as well as the patterns that shape our communities and the larger social worlds in which we interact. Applying the latest neuroscience research on memory, brain mapping, and brain plasticity to the field of narrative therapy, Lewis Mehl-Madrona and Barbara Mainguy explain how the brain is specialized in the art of story-making and story-telling. They detail mind-mapping and narrative therapy techniques that use story to change behavior patterns in ourselves, our relationships, and our communities. They explore studies that reveal how memory works through story, how the brain recalls things in narrative rather than lists, and how our stories modify our physiology and facilitate health or disease. Drawing on their decades of experience in narrative therapy, the authors examine the art of helping people to change their story, providing brain-mapping practices to discover your inner storyteller and test if the...



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