

MENTALLIGENCE (PAPERBACK)



HEALTH COMMUNICATIONS, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. One of the greatest gifts we can give to ourselves is rethinking what we've been taught, because thoughts become behaviors. The same mind that gets us stuck is the same one that can set us free. It's time to rip up the script society hands us, breathe deep, and reclaim a healthy definition of success that doesn't compartmentalize your mind, body and soul. We need a new organizing framework that allows more flexibility and moral grounding—one that lets science, emotion and spirit to fuse. Too often, life's disorienting moments can leave us tumbling into messy, downward spirals. We lose clarity, and are held hostage by blind spots that keep us from thriving. We fall into common mindless behavioral traps which lead to perpetual patterns of shutting down, numbing out, binding up and staying stuck. In this uniquely liberating book, Dr. Kristen Lee teaches us how to apply a process of behavioral change using a series of different lenses, to steer our brains to overcome blind spots and cultivate Upward Spiral habits. A leading expert on resilience and behavioral science, Dr. Kristen Lee developed this new psychology of thinking model from over twenty years of clinical practice, the latest neuroscience, and her own research findings. Mentalligence [men-tel-i-juh-ns] is a sage guide that will help you build meta-awareness by emphasizing an impact-driven rather than a performance-obsessed mindset, and adopt a model of collective efficacy that is less I-focused and more we-focused, to facilitate positive social impact at a time when it's desperately needed. This is what psychologists call The Good Life — living mindfully and consciously. Rather than falling for predominant definitions of success that leave us boxed in, depleted, and oblivious...



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