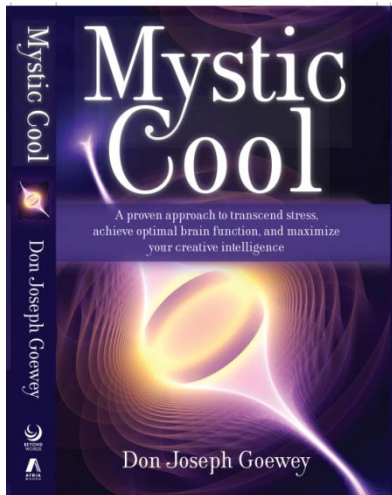


Book Reviews: Mystic Cool from Don Joseph Goewey



Mystic Cool from Don Joseph Goewey Beyonds Words & Atria Books

Category: Self-Improvement

Average Rating: ★★★★★

Description: Is your brain wired for stress and anxiety? If so, you're not alone. Take heart, it's reversible. First, the bad news: Stress causes regions of your higher brain to shrink, regions that make you creative, intelligent, positive, interpersonally skillful, and goal-directed. Essentially, stress blocks the brain power you need to succeed at every level of life that matters to you.

Concurrently, stress causes primitive regions of your brain to grow like vines and take control of your experience. These regions make you anxious, reactive, and impulsive. They release stress hormones that send your body into an uproar, wearing down your vital systems and making you vulnerable to disease. Your brain becomes wired for stress and anxiety, incapable of sustaining the happiness, health and success you desire. Now, to the good news. In doing just one thing consistently, your brain rewires and remodels to reverse all the damage and give you back control of your higher brain function. Decisive regions of your higher brain re-sprout. The overgrown vines of stress and anxiety retreat. When this happens, your creative intelligence takes hold and you will see solutions instead of problems. Your emotions reset to positive, enabling you to face challenges with enthusiasm and confidence instead of fear. You gain the capacity to grow great relationships. Energy and well being increase. All these potentials are realized through changes in your brain structure. Combined, they establish the neurological and psychological condition called flow, which is you at the top of your game. It's your best day, every day. It is a mind that can sustain the joy of excelling. It is a good life secured by a capacity to love. Who doesn't want that? Just one thing provides all these gains. It is peace, which is the polar opposite of stress. Peace, not as complacency but as a dynamic way of being, literally grows a magnificent brain. A chronic state of stress tears it down. This is not an opinion; it is hard science.

Mystic Cool takes you through the science and then shows you how to realize the dynamic state of peace that lights up your brain with power and keeps it lit. The book helps you achieve these concrete results through a set of easy to use tools that add nothing to your To-Do list. These tools show you how to shift stress at the very moment it occurs. Through the process you will achieve a genuine experience of peace and come to understand it as a power that does not fail, even in the most difficult situations. It is simpler than you might imagine and results accrue much quicker than you might think.

"This book is going to go off the charts. It is absolutely excellent," says John Assaraf bestselling author, featured teacher in The Secret, and CEO of OneCoach.