



Your Brain Can Work 12 Hours Every Day And Excel With Little Or No Stress.

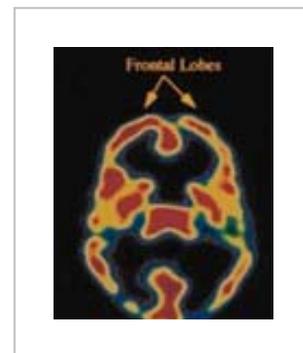
How?

If someone works 12 hours a day, every day, yet still has found a way to **relax and be at peace**, he or she will very likely have no problem with burnout.

from *Scientific American Mind*, Burnout, Ulrich Kraft, June/July 2006

You can actually work long hours, day in, day out, and experience little or no stress.¹ How? By cultivating an attitude of peace. This is not a sermon or even an opinion. It is the finding of a mounting body of brain research over the last ten years.²

- An attitude of peace gained through a simple but consistent practice lights up the higher order brain function that sustains peak performance.
- It lights up the networks that make you happy and great at relationships.
- A peaceful attitude also helps in building resistance to a long list of diseases that plague modern human beings, including heart disease, immunodeficiency, diabetes, depression, dementia, and even Alzheimer's.



Most of us do not see peace as a dynamic state. To the contrary, it is often seen as a rather complacent way of being that has no power in the "real world;" good on a Christmas card, but not for maintaining your "edge." Others even believe that the opposite of peace -- which is stress and fear -- is what drives success.

It's not so.

Science now knows that peace, as a way of being and relating to life's challenges, generates the brain structure and chemistry that achieves what Aristotle called *The Good Life*, which he defined as the full use of one's strength along lines of excellence.

Stress renders the brain incapable of sustaining the level of performance that reaches excellence.

- Stress causes regions of the brain associated with creativity, executive decision-making and goal-directed behaviors to shrink;
- While causing regions of the brain involved in generating anxiety and habitual, unconscious behavior to expand, locking the brain into obsessive, compulsive action.

We become neurologically predisposed to doing the same dead end things over and over, rather than creatively seeking a new approach for a better result.

Happily, we can rewire the brain for peace and reverse the damage.³

Just four weeks of practicing being at peace, and atrophied synaptic connections in decisive regions of the **higher brain resprout**, while the overgrown dendritic **vines of stress retreat**.

New York Times, August 2008

[Click for the article](#)

A small amount of time invested every day that virtually adds nothing to one's To-Do list returns a huge dividend.

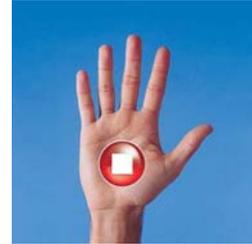
There are four things you can do to begin to build the dynamically peaceful attitude that remodels your brain. Each is simple, so simple in fact that it may be hard to believe that it can change your brain. It can.

Tips To Rewire Your Brain

1. **Stop Thought Attacks:** The mind makes up emergencies the brain believes are real. The vast majority of these are false alarms, yet still upset brain chemistry, launch fight or flight and can send the body into an uproar. These are the Type-A *thought attacks* that cause heart attacks. We can't always stop stressful, anxious thoughts from occurring but we can defuse them. How? By not believing them. Believing they are true is what lights the fuse. We can have a

thousand stressful thoughts a day, and if we don't believe any of them, we have a great day. Believe just one and the day can go to hell in a hand basket.

When anxious, stress-provoking thoughts raise their ugly heads, imagine a **Clear Button** at the center of your palm that, when pressed, clears these thoughts and quiets the mind.



[Click to download the Clear Button exercise](#)

As you press the clear button, count to three, seeing each number as a color. Counting distracts the part of the brain in charge of fight or flight. This simple exercise transfers control of the brain from primitive to higher brain circuits, where you can excel.

2. **Ask The Question That Transcends Stress:** If stress takes hold of you, you can escape it by asking a simple question: ***What am I afraid of?*** Write your answer down. Then ask: *If this is true, then what am I afraid of?*

Repeat the inquiry 3 or 4 more time in this fashion, allowing your answers to come straight from the primitive part of the brain that has activated “survival mode.” Notice the element of mounting catastrophe in your answers. How likely is any of this to happen? At the conclusion, ask yourself: *Who would I be without these fears?* Then go forward and be that person.



[Click to download the What Am I Afraid Of exercise](#)

3. **Brighten Your Attitude**

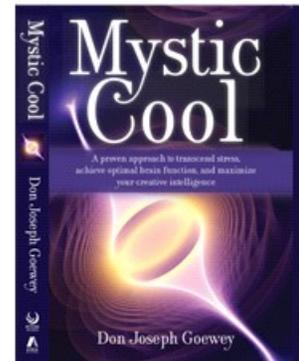
- ❖ Start the day in quiet. Feel appreciation for the gift of another day of life. Set your intention to have a great day, filled with achievement and sustained through a dynamic attitude of peace.



- ❖ During the day, every two hours, take a “spiritual” break. Look out the window for a minute and let your mind go completely. Watch the sun shine, the rain fall or the wind blow. Connect with life.

- ❖ Once a week, before going to sleep, count your blessings. Name 3 things that happened in the previous week for which you are grateful. Then name 3 things in your life that are blessings.
4. **Wash Your Brain:** A mellow thirty-minute walk around the neighborhood, five days a week, goes a long way toward flushing toxic stress hormones from your system.
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Don Joseph Goewey has worked for more than three decades helping people transcend some of the most stressful situations in life to reach a higher potential. In 2006, he co-founded a human performance firm, ProAttitude, dedicated to ending stress in the workplace.



His new book, *Mystic Cool: A proven approach to transcend stress, achieve optimal brain function and maximize creative intelligence* made Amazon's top 100 lists on both neuropsychology and meditation. Mystic Cool combines the latest research in neuroscience and psychology with practical insights on how to transcend stress and unlock your potential to sustain happiness and success in life.

To learn more about his book, visit his Web site: www.mysticcool.com or contact him at info@mysticcool.com. To learn more about his training and coaching firm, visit www.proattitude.com.

References

- ¹ Scientific American Mind June-July 2006: pp. 28 - 32. Ulrich Kraft, "Burned Out"
- ² Proceedings of National Academy of Science 2004;101:16369-73. Richard Davidson, "Long term meditators self induce high-amplitude gamma synchrony during mental practice."
- ³ Science 31 July 2009: Vol. 325. no. 5940, pp. 621 - 625 DOI: 10.1126/science.1171203