

(Free Reading) The 5 Resets: Rewire Your Brain and Body for Less Stress and More Resilience by Aditi Nerurkar M.D.

The 5 Resets: Rewire Your Brain and Body for Less Stress and More Resilience

By: Aditi Nerurkar M.D.

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As seen on Good Morning America and The Today Show with Hoda and Jenna The key is managing stress, so we can lead healthier, happier lives. The 5 Resets will help you do just that. Katie Couric, Journalist and Founder and CEO, Katie Couric Media "A masterful approach to rewire our brains and bodies from the inside out." Arianna Huffington, Founder and CEO, Thrive Global From Harvard stress expert, nationally sought after speaker, and television correspondent Dr. Aditi Nerurkar comes a reimagined approach to overcoming your stress and burnout using five small but mighty mindset shifts. For Dr. Nerurkar, the common misperception of stress as bad needs reframing. Stress is a healthy biological phenomenon that helps us tackle life's many demands. It becomes problematic when it's out of tune with the frequency of our lives, resulting in burnout, fatigue, sleep disturbances, and many other physical symptoms. To bring stress back to healthy levels, Dr. Nerurkar offers her five science-backed mindset shifts, rooted in more than two decades of clinical experience, for when life gets hard. The First Reset Get Clear on What Matters Most The Second Reset Find Quiet in a Noisy World The Third Reset Sync Your Brain and Your Body The Fourth Reset Come Up for Air The Fifth Reset Bring Your Best Self Forward? Dr. Nerurkar illuminates why our everyday attempts at being resilient like multitasking, sleeping less, and undergoing huge lifestyle overhauls aren't beneficial to our stressed brains. Instead, she prescribes practical, real-world solutions for our modern-day perils that are time efficient, cost-free, and can be applied to anyone's life, including following the Resilience Rule of 2 (making no more than two changes at a time because doing more is unsustainable), accepting that multitasking is a myth (our brains are wired to do one thing at a time!), and adopting her Bookend Method (creating boundaries to honor our brains' need for compartmentalization). The five mindset shifts, along with fifteen proven techniques, offer you a road map to change your relationship with stress, bring your biology back into balance, and feel calmer right now.

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