



The Brain Mechanic: A Quick and Easy Way to Tune Up the Mind and Maximize Emotional Health

Spencer Lord

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You have the incredible power to change the way you think, perceive, and react to stress—for the better—through cognitive behavioral therapy (CBT). CBT has been known to be widely successful in the treatment of problems associated with anxiety, depression, mood, personality, addiction, weight, and emotions. Until recently, access to CBT was only available through professional therapy. Now with *The Brain Mechanic*, Spencer Lord delivers a concise, entertaining, and easy-to-use handbook that demystifies cognitive behavioral therapy. With simple exercises, clear explanations, and helpful insight, Lord makes it easy for you to fit this technique into your daily life to improve your mood, broaden your communication skills, and enrich your relationships.

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