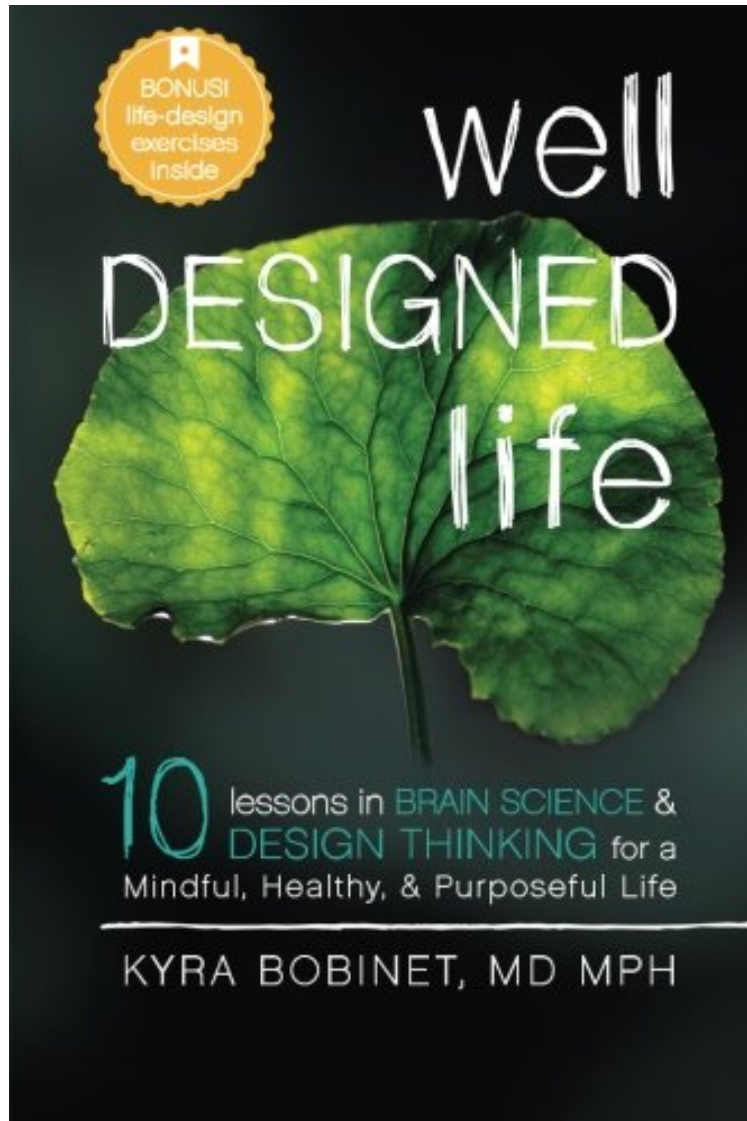


[Mobile pdf] Well Designed Life: 10 Lessons in Brain Science Design Thinking for a Mindful, Healthy, Purposeful Life

Well Designed Life: 10 Lessons in Brain Science Design Thinking for a Mindful, Healthy, Purposeful Life

Kyra Bobinet MD MPH

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Kyra Bobinet MD MPH : Well Designed Life: 10 Lessons in Brain Science Design Thinking for a Mindful, Healthy, Purposeful Life before purchasing it in order to gage whether or not it would be worth my time, and all praised Well Designed Life: 10 Lessons in Brain Science Design Thinking for a Mindful, Healthy, Purposeful Life:

9 of 9 people found the following review helpful. We just keep iterating and tinkering like any good designerBy D.

Robinson This is a must read for anyone with a strong interest in personal development. The author presents a compelling mindshift for looking at our efforts to engineer self-change from the perspective of a designer. Approaching change as a designer liberates us from the heavy burden of failed attempts to instill a given change. We just keep iterating and tinkering like any good designer. One key insight is the idea of anticipating and being prepared for relapse, as the new design battles the old design for primacy in our behavior patterns. The book may warrant multiple readings. It is at once anecdotal and filled with stories from the author's own life and those she has known. But there are strong underlying concepts as well that deserve reflection and study. I rate Well Designed Life 10/10.6 of 6 people found the following review helpful. Original By Catherine B. This is a book that has changed my life. I've read A LOT of books on how to make good new habits. I've focused on the spiritual aspect of habits, I've gone to "butt kicking" but nothing ever stuck. Things would seem to go great for a week or so, then I would either get obsessive or completely forget about the habits I was trying to create for myself. This is a fresh look, and original way, in understanding how my mind works. It makes sense to me, I understand it, and I think about what I've learned throughout the day. Slow Mind versus Fast Mind, Future Self and Past Self. The exercises at the end of each chapter are new and different. That's what I love about this book. It's so original, such a different way of making new habits.4 of 4 people found the following review helpful. Get 2016 off to a positive start with this refreshing take on self-improvement By Customer I liked how this author took actual brain science to explain our repetitive behaviors. It made the material more interesting and approachable to have explanations of direct links between the two. It made me feel as though the areas I would like to improve and focus upon in my life are actually fixable with a manageable plan which Dr. Bobinet helps you to put in place. I've gone on to recommend this book to several friends and it has led to many interesting conversations. If you are interested in breaking negative behaviors and habits that keep you from moving forward in your life, this book offers a helpful science based approach.

"I know what I should do...I just don't know why I don't do it."

"Dr. Bobinet manages to combine the core principles of design-thinking with the neuroscience of behavior change and present them in a way that allows anyone who picks up her book to become a designer. Her decision to include real-life examples and personal stories is authentic and compelling, and will empower readers to enact change within their own lives. This riveting book is a powerful tool for anyone looking to tackle behavioral challenges and better understand themselves." Larry Chu, MD, Associate Professor Executive Director of Medicine X, Stanford University School of Medicine