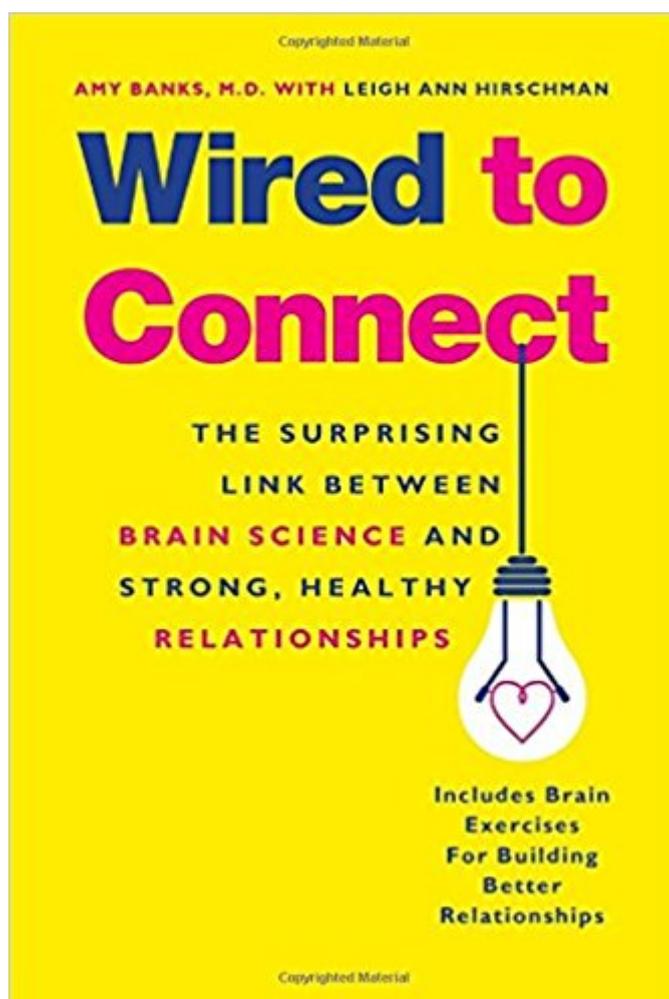


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# Wired To Connect: The Surprising Link Between Brain Science And Strong, Healthy Relationships



## Synopsis

Research shows that people cannot reach their full potential unless they are in healthy connection with others. Dr. Amy Banks teaches us how to rewire our brains for healthier relationships and happier, more fulfilling lives. We all experience moments when we feel isolated and alone. A 2006 Purdue University study found that twenty-five percent of Americans cannot name a single person they feel close to. Yet every single one of us is hardwired for close relationships. The key to more satisfying relationships "be it with a significant other, a family member, or a colleague" is to strengthen the neural pathways in our brains that encourage closeness and connection. In this groundbreaking book, Dr. Banks give us a road map for developing the four distinct neural pathways in the brain that underlie the four most important ingredients for close relationships: calmness, acceptance, emotional resonance, and energy. *Wired to Connect* gives you the tools you need to strengthen the parts of your brain that encourage connection and to heal the neural damage that disconnection can cause.

## Book Information

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## Customer Reviews

Very nice science and what to do with it. Good writing, not condescending, but not dumbed down, either. it's the kind of book you like to underline and refer back to again, and again. The connection between good feeling and good relationships has always intrigued me, but from reading this book I now understand much more in detail why that connection exists and how to promote it.

Dr Banks's CARE protocol is deeply insightful. Calm, Accepted, Resonant and Energetic: these

categories correspond to four brain circuits that are crucial not just to having strong, healthy relationships but also to thriving in life in general. Her argument for relationships as the centerpiece of our overall health and well-being is convincing, with exercises that are useful and easy to implement. I especially appreciated the CARE assessment, which was highly revealing about the nature of my own relationships.

Dr. Banks gives research and theory on the etiology of humans inability to relate in an optimal manner. Personal stories of treatment and practical techniques to resolve impairments are given.

Love this book. LOVE it! I admit to being a bit of a geek, AND I also just interviewed her for our show. But the information in here, is invaluable, and the way it laid out makes it both incredibly accessible, AND with stories, studies and examples, incredibly easy to remember!

Excellent book! The author writes in a clear, descriptive and humorous style with real-live tips and examples. I love it!

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