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Unfuck Your Brain: Using Science to Get Over Anxiety, Depression, Anger, Freak-outs, and Triggers by Faith G. Harper, PhD, LPC-S, ACS, ACN Our brains are doing our best to help us out, but they can be real assholes sometimes.

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Unfuck Your Brain: Using Science to Get Over Anxiety, Depression, Anger, Freak-outs, and Triggers By Dr. Faith G. Harper, 190 pgs. June 1, 2017 Book Reviews , Read Right out of the gate, I'm hooked on Dr. Faith G. Harper's informal writing style and down-to-earth, DIY solutions to overwhelming brain snafus.

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Unfuck Your Brain. That's where this book comes in. With humor, patience, and lots of good-ole swearing, Dr. Faith shows you the science behind what's going on in your skull, and talks you through the process of retraining your brain to respond appropriately to the non-emergencies of everyday life.

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## **Unfuck Your Brain: Using Science to Get Over Anxiety**

About the Book. Unfuck Your Brain: Using Science to Get Over Anxiety, Depression, Anger, Freak-outs, and Triggers by Dr. Faith G. Harper comes out from Microcosm Publishing in fall, 2017. Back it here and get your copy before its official release! As for the book... we'll let it speak for itself.

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## **PhD, LPC-S, ACS, CAN Faith G. Harper: Unfuck Your Brain**

Unfuck Your Brain: Using Science to Get Over Anxiety, Depression, Anger, Freak-Outs, and Triggers by Faith G. Harper. 3.73 ⭐ Rating details ⭐ 499 ratings ⭐ 78 reviews Our brains are doing their best to help us out, but they can be real assholes sometimes. Sometimes it seems like your own brain is out to get youâ€”melting down in the middle ...

## **Unfuck Your Brain: Using Science to Get Over Anxiety**

This makes them even more affordable to stock in your clinic, facility, agency, or school! My Articles I write a regular column for Out in SA magazine's print editions. The online versions of my regular column for Out in SA magazine can be found here. I also write regularly for the print edition of Disfunkshion Magazine.

## **Faith G. Harper - My Books and Publications**

UnF\*ck Your Brain is a Feminist Blueprint for Creating Confidence You believe deeply in womenâ€™s empowermentâ€”but you donâ€™t always feel empowered. You feel a nagging disconnect between your high-achieving life and the insecurity and anxiety that plague you.

## **Home | UNF\*CK YOUR BRAIN**

â€œAs a passionate professor, counselor, and follower of neuroscience research, I strongly recommend Unfuck Your Brain: Using Science to Get Over Anxiety, Depression, Anger, Freak-outs, and Triggers. Dr. Harperâ€™s writing style definitely held my attention and made me laugh many times while still informing me about some complicated neuroscience and health related topics.

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recommend Unfuck Your Brain: Using Science to Get Over Anxiety, Depression, Anger, Freak-outs, and Triggers. Dr. Harperâ€™s writing style definitely held my attention and made me laugh many times while still informing me about some complicated neuroscience and health related topics. This book is a wonderful

### **A no-nonsense guide on how to cope with mental-health issues**

Unfuck Your Brain is the psychology and self-help guide which help the reader to control their thoughts and become master of the mind. Faith G. Harper is the author of this impressive book. Our brain the most functioning part of the human body who works 24/7.

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