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But they all make sense. Your brain has adapted to the circumstances in your life and started doing things to protect you, bless it. It's not TRYING to fuck you over (even though it totally is, at times).

Unfuck Your Brain: Using Science to Get Over Anxiety

If you're working to deal with old traumas (particularly P.T.S.D), or if you just want to have a more measured and chill response to situations you face all the time, this book can help you put the pieces of the puzzle together, and get your life and brain back on the right track.

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"A trauma can be an accident, an injury, a serious illness, a loss or any kind of life event that kicks your ass," she writes, noting that what causes one person to be unable to cope might be fine for someone else.

Unfuck Your Brain: Using Science to Get Over Anxiety

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For Dr. Harper, it comes down to locating the origin of the problem, not merely treating the symptoms. Makes sense. She argues, in her own profanity-laden way, that by treating the source and understanding triggers, one can get their brain back on track and alleviate the big, bad nasties: anxiety, depression, PTSD, anger, addiction, and grief.

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