



Unstoppable Brain

The New Neuroscience that Frees Us from Failure, Eases Our Stress, and Creates Lasting Change

by Kyra Bobinet



Non-Fiction - Health - Medical

208 Pages

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Book Review

Reviewed by Courtnee Turner Hoyle for Readers' Favorite

Unstoppable Brain: The New Neuroscience that Frees Us from Failure, Eases Our Stress, and Creates Lasting Change by Kyra Bobinet delivers, in three parts, a new way of thinking about your past and future experiences with anxiety and perceived failure. In this book, readers discover the habenula, a part of the brain that has received little attention until recently, uncovering its role in addiction, weight gain and loss, and relationships. The author defines performance and learning goals, intrinsic and extrinsic rewards, and guides you to discover what they mean to you. By naturalizing failure, and practice and repetition with a positive mindset, Kyra is convinced she has found a way to "side-step" the habenula and hopes you will apply the information.

You don't need a degree in psychology to read Kyra Bobinet's work, only a desire to learn and make positive changes in your thought process. Through an emerging study in neuroscience, Kyra empowers her readers, encouraging and giving them the knowledge they need to escape "Failure Disease" before they become unmotivated. Kyra explains how you can work with your brain and inspires you to change your life and habits more permanently without fear of relapsing into a past habit. The author won't single you out. She relates examples from case studies, colleagues, and her life, revealing that she's learning regulation too, and you aren't alone. Kyra helps you rid yourself of comparison-thinking or negative self-talk, inspiring readers to take the first step. Unstoppable Brain is a great selection for readers who are ready to break certain cycles by tapping into the power of their minds.