



Take Back Control of Your Mind

A Guide to Understanding, Taming, and Controlling Your Thoughts and Emotions, and Thereby Achieving True Happiness and Inner Peace

by Glenn N. Levine



Non-Fiction - Self Help

238 Pages

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Book Review

Reviewed by Tammy Ruggles for Readers' Favorite

Take Back Control of Your Mind by Dr. Glenn N. Levine is the book you need to take back your life. If you've ever stuck your foot in your mouth, jumped before you looked, or made decisions that you regretted later, Levine helps you understand why. He explains that we only THINK we have control of our mind when, really, we are ruled by "sub minds" like insecurity, envy, worry, machismo, frustration, anxiety, and hedonism. These sub minds are responsible for the unhappiness and poor choices we make in our lives, but as he explains further, there are things we can do to rein in these sub minds, once we understand them: Meditation, analysis, mindfulness, and other relaxation and focus techniques. It's all about perception--how we see ourselves, our mind/sub minds--and what we tell ourselves about our situations and our lives. One of my favorite parts is where the doctor encourages you to visualize the process of doing something different than the way you've done it before, or changing something different in your life. Some people get into a rut, making the same choices over and over. This book helps one to shake that off and start anew.

Since he's a doctor, Glenn N. Levine could have used a lot of medical terminologies to explain his points but, instead, he uses layman language and images throughout the book--some funny, some interesting, some informative--to help illustrate what he's trying to say. If you've ever wondered why you said this or that, felt this way or that, or made a certain decision that led to a disastrous outcome, this book can help you understand why. It helps you slow down and take a peek inside your mind. The way Levine explains things, it isn't that hard to do. He breaks down what mindfulness is in easily understandable ideas. He shows how meditation can open your inner self to explore, pursue, and accept happiness and peace. Feeling good again is possible, but takes a little direction. Take Back Control of Your Mind by Glenn N. Levine is just what the doctor ordered.