

Reframe Your Thoughts, Rewire Your Brain

A renowned scientist and an addiction psychiatrist offer a clear framework to help readers trade negative thinking for confident, fearless living

The ReWired Brain by Dr. Ski Chilton with Dr. Margaret Rukstalis, and A.J. Gregory

What is it?

The human brain serves as the foundation for all of our behaviors, emotions and choices. Billions of brain cells form trillions of nerve connections that “wire” us for millions of unconscious and a far smaller number of conscious thoughts each day—thoughts that trap us in our past experiences, such as traumatic childhoods, broken relationships and difficult life transitions. This wiring and resulting feelings and behaviors have great power to negatively impact our lives, causing destructive belief systems and cycles of bad choices and experiences.

The ReWired Brain offers a clear framework for understanding the two competing systems of thinking arising from our brains and how one gives rise to certain fears and instincts that drive unhealthy emotional dysfunctions and related behavioral patterns in the most important areas of life, such as personal growth, relationships and sexuality. Importantly, the book also details how several deliberative processes such as determining who we are and altering our conscious thoughts have incredible power through brain plasticity to alter our wiring and improve our lives.

“What areas of life we focus on is critically important to who we become,” says coauthor Dr. Ski Chilton, a scientist and professor at Wake Forest School of Medicine. “I have a passion for compassion, and want to help people overcome their physical and emotional suffering so they can live joyful, free and fearless lives.”

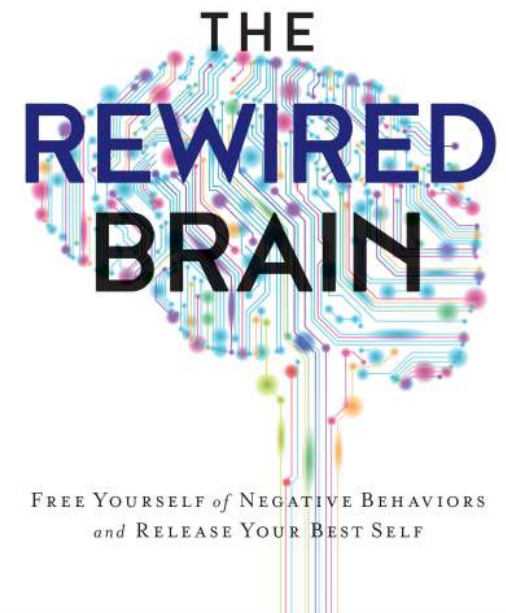
Dr. Chilton's insight comes from three decades of studies in biology, biochemistry, genetics, neuroscience, philosophy and theology at institutions such as Johns Hopkins and Wake Forest; he writes the book along with Dr. Margaret Rukstalis, an addiction psychiatrist who studied at Dartmouth, Harvard, Penn State and Wake Forest School of Medicine. Together, Drs. Chilton and Rukstalis unpack the brain's competing minds and systems of thinking—named System 1 and System 2 in the book—through science, psychology (determinism vs. free will) and real-life stories, revealing how to reframe negative experiences, overcome fears, experience emotional and spiritual healing, and ultimately rewire our brains, empowering readers to be free and to live fearlessly.

Why is it important?

Most of us living in modern societies suffer from a profound imbalance between our System 1 (unconscious) and System 2 (conscious) emotions and behaviors. Fear-based advertisements, 24-hour news cycles, and certain forms of religion and politics tap into our primal-like System 1 thinking—our unconscious fears, biases, and instincts, which are highly influenced by environmental factors and experiences from childhood. This leaves many of us in perpetual fear and anxiety, with a deep need to control our environment, and suffering from obsessions, compulsions, habits, dependencies, and addictions.

The System 2 way of thinking is much more developed and uniquely human—where we find the true nature of a person. Utilizing System 2, we can construct mental models and imagine future possibilities allowing us to make conscious, constructive decisions and direct meaningful thoughts thereby rewiring our own brains. Understanding these two systems and wiring or rewiring them offers the possibility of change that can lead to free and meaningful lives.

DR. SKI CHILTON
WITH DR. MARGARET RUKSTALIS, AND A. J. GREGORY



BOOK DETAILS

August 2, 2016

Baker Books

288 pages

Hardcover, \$19.00

(CAN \$24.99)

ISBN: 978-0-801007-47-7

PSYCHOLOGY / Mental Health

HEALTH & FITNESS / Healthy Living

RELIGION / Christian Life / General

PR  BOOK

Who is it for?

- Anyone looking to become unstuck in life, moving beyond past decisions, events, relationships to find a different direction
- People recovering from traumatic childhoods, broken relationships, difficult life transitions and tragedy
- Those who are on a spiritual journey to discover how we can connect with God and how to live with greater joy and purpose

Who wrote it?

Dr. Ski Chilton is a professor in the department of physiology and pharmacology at Wake Forest School of Medicine and has authored or coauthored over 130 scientific publications. He is also the bestselling author of *The Gene Smart Diet*, *Inflammation Nation*, *Win the War Within*, and *Made to Crave Action Plan* with over 180k total books sold. His work is regularly featured in such venues as WebMD, *Men's Journal*, *Men's Health*, *Prevention*, the *Wall Street Journal*, ABC News, and more. He lives in North Carolina.

Dr. Margaret Rukstalis is an addiction psychiatrist who has studied the brain and behavior change for over twenty-five years. She received her MD at Dartmouth Medical School, is currently on faculty at Wake Forest School of Medicine, and has coauthored more than fifty scientific articles and book chapters. She lives in North Carolina.

A. J. Gregory is the author of *Messy Faith* and *Silent Savior*. She has also partnered with high-profile figures on over thirty-five memoirs and self-help books, some *New York Times* bestsellers. She lives in New Jersey.

Core Messages

- Using cutting-edge scientific research, learn about the two systems of thinking that play a role in every decision we make.
- Discover steps to rewire your brain and get unstuck in the most important areas of life (relationships, sex, parenting, spirituality, disappointment, and tragedy).
- Understand the lies that keep us from experiencing true freedom.
- Recognize how we are constantly being manipulated to make choices and live in fear by the use of unsubstantiated threats (i.e. fear-based media, politics, legalistic religion).
- Uncover emotional dependencies and find healing through neuroscience and faith.
- Reframe impactful, negative experiences and begin to live fearlessly.

Praise for *The ReWired Brain*

"Change—honest, God-honoring change—is difficult! It seems at times the Christian community oscillates between two extremes: religious denial or the insanity of just trying harder to be better. *The ReWired Brain* instead gives hope and practical insights into how we can get 'unstuck' in life. Using engaging insights from Scripture, neuroscience, and the author's personal struggles, the reader is drawn into the great adventure of becoming like Christ. The book is a rich tapestry of fascinating analogies from contemporary literature, film, and current events that assist the reader in understanding the dynamics of renewing your mind through 'rewiring.' Having spent over thirty years counseling pastors and Christian leaders who were seriously trapped in life, I would strongly recommend this creative contribution to the battle for wholeness and holiness."

—**Dr. Ted Roberts**, bestselling author, pastor, and certified sexual addiction counselor

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Author Dr. Ski Chilton

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"The creative and brilliantly wired mind of scientist and author Dr. Ski Chilton again boldly explores human behavior potential in his insightful latest book, *The ReWired Brain*—a provocative mental journey."

—**Charles (Cash) McCall**, MD, Professor of Translational Science and Molecular Medicine, Wake Forest University School of Medicine

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