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Initial changes are temporary. The brain is changed by internal mental rehearsal in the same ways and involving precisely the same processes that control changes achieved through interactions with the external world. According to Merzenich, "You don't have to move an inch to drive positive plastic change in your brain.

The dictionary describes neuroplasticity for anxiety to be the brain's ability to form and reorganize connections in the brain. Neuroplasticity is your brain's plasticity and neural plasticities which change throughout your life depending on certain brain activity.

Rewire: Change Your Brain to Break Bad Habits, Overcome

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Once thought to be "hard-wired," the brain is actually "soft-wired" by experience—meaning it is possible to rewire parts of your brain to improve everything from your mood and your memory to your relationships, sleeping habits, and more.

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The old pathway becomes used less and less and it weakens. This process of rewiring your brain by forming new connections and weakening old ones is neuroplasticity in action. One reason why it is so difficult to change the way you think, feel, and behave is that your beliefs and corresponding neural pathways have been formed early in life.

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We need to rewire your brain, bubba. From Cognitive Therapy and the Emotional Disorders : This new approach— cognitive therapy— suggests that the individual's problems are derived largely from certain distortions of reality based on erroneous premises and assumptions.

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Neurons, or nerve cells, in your brain make connections, communicating through synapses. When you learn something, you change those neural connections. Every time you reactivate a circuit, synaptic efficiency increases, and connections become more durable and easier to reactivate.

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What is up! Today we'll be discovering Neuroplasticity! We'll also be talking about what it is, why it's so important, and how we can use it to better understand our mind & the way it works! Enjoy ...

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