

Four Ways To Click Rewire Your Brain For Stronger More Rewarding Relationships

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Banks, the developer of the C.A.R.E. program and author with Leigh Ann Hirschman of the forthcoming book, *Four Ways to Click: Brain Science and the Strong Relationship*, shares background and discusses how the neural pathways—for Calmness, Acceptedness, emotional Resonance, and Energy—along with Relational Cultural Theory, and neuroplasticity (brain change), can help individuals assess their relationships, measure their C.A.R.E. scores, and work toward healthier, happier relationships.

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Buy *Four Ways to Click: Rewire Your Brain for Stronger, More Rewarding Relationships* Main - Print on Demand by Banks, Amy (ISBN: 9781760113469) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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It contains four primary neural pathways that impact we "click" with others, and is represented by the acronym, CARE. C-how calm we feel around others; A-how we are accepted by others; R-how we resonate with others; and E-how we are energized by these connections.

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Four Ways to Click: Rewire Your Brain for Stronger, More Rewarding Relationships is a self-help book designed to illustrate, via a strongly neuroscience-based framework, the nature of reader's personal relationships. The goal of the book is, ostensibly, to identify the reader's strong and weak relationships through included evaluations and map out actions that can improve them.

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Four Ways to Click - Rewire Me If I were to pick a single "best book" to recommend to those looking for thoughtful, beautifully written advice for

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improving their lives, I would suggest Four Ways to Click by Dr. Amy Banks (written with Leigh Ann Hirschman). Rarely have I read such an insightful book.

~~Four Ways to Click — Rewire Me~~

There are four distinct neural pathways that correspond to the four most important ingredients for healthy and satisfying relationships: calmness, acceptance, emotional resonance, and energy. This groundbreaking book gives readers the tools they need to strengthen the parts of their brain that encourage connection and to heal the neural damage that disconnection can cause.

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Four Ways to Click: Rewire Your Brain for Stronger, More Rewarding Relationships [Banks, Amy, Hirschman, Leigh Ann, Siegel MD, Daniel J.] on Amazon.com. *FREE* shipping on qualifying offers. Four Ways to Click: Rewire Your Brain for Stronger, More Rewarding Relationships

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"It's been almost 11 months, almost four of them sitting at home, for the first job I think it's very special circumstances and I think we have tried to manage it in the best possible way ...

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