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Introduction

The most difficult problem often has the simplest solution

Chapter 1: The Human Brain

We can teach our brain to do the kind of thinking we want; or we can allow our brain to “think us” in the form of depression

Chapter 2: How do we Think, Exactly?

If you don't know how you think, you won't understand how you get depressed.

Chapter 3: On-purpose and Passive Thinking

The brain thinks all the time, with or without us. There are two basic kinds of thinking all human beings do, on-purpose thinking and passive thinking

Chapter 4: What Actually Causes Depression?

Depression is caused by a chemical imbalance in the brain.

Chapter 5: Where is Depression Located in Our Brain?

When we know exactly what depression is, and where it is in our body, we don't feel so overwhelmed when it makes its appearance.

Chapter 6: Brainswitching in a Nutshell

As a man thinketh, so shall he be.

Chapter 7: Depression and Emotional Dependence

The mind is not as smart as you think

Chapter 8: Be the Driver, not the Passenger of Your Thinking

Your thinking is not something you are, it is something you do.

Chapter 9: Dangerous Thinking

Only a person who is in charge of their thinking is in charge of their life

Chapter 10: Where There's a Will There's a Way

“The elect are those who will, and the non-elect those who won't.”

Chapter 11: Can We Really Think our Way Out of Depression?

Life is the story you tell yourself. Make it a good one!

Chapter 12: Desperation is the Mother of Brainswitching

“Chance favors the prepared mind.”

Chapter 13: The Exercises

Our mind already knows how to direct us. We have to learn how to direct our mind.

Chapter 14: Brainswitching Exercises

Brainswitching exercises are the best first aid for depression. They are the first thing you should reach for when depression hits

Chapter 15: Directed Thinking Exercises

Directed Thinking exercises will provide a new fork in the road that you can take instead of the path toward depression.

Chapter 16: Magical Thinking Exercises

In general, magical thinking should not be used instead of good old-fashioned elbow grease to accomplish the tasks of your life. But magical thinking does have its uses.

Chapter 17: Self-Awareness Exercises

Self-inquiry exercises help you get in touch with yourself in an existential way. Do you want to know your “real self?” You may be surprised when you actually encounter the self within yourself. Some of these exercises work wonderfully for groups as well.

Chapter 18: Anti-Stress Exercises

It’s been proven many times over that the simplest one-second exercise can reduce stress. Something as simple as wadding up a piece of paper and pitching it into the wastebasket in a mock basketball throw can take the edge off your tension.

Chapter 19: Re-Engagement Exercises

Re-engagement exercises are helpful to help change the kind of self-focused thinking that tends to alienate us, from present reality

Chapter 20: Self-Improvement Exercises

In general, by reaching for excellence and precision in small things you improve the entire character of your larger life.