

What is going on in your brain when you get anxious or depressed, lose your temper or rage, abuse drugs or alcohol, and what you can do about it?

STOP THE EMOTIONAL HIJACKING!

EMOTIONAL HIJACKING



How a Simple Understanding of the Way Your Brain Works Can Bring You Peace of Mind

Told Through Stories and Illustrations

Marlene Schneider Potter

What is Emotional Hijacking?

Have you ever noticed how difficult it is to think clearly when you are very frightened or lose your temper?

Some people say, "I'M LOSING IT".

Others say:

"I lost my temper"

"I was out of my mind"

"That was not me"

"Something came over me"

This is what I mean by **emotional hijacking**.

But what does that mean? What is happening in our minds when we are losing it? What is happening in our brains and in our bodies when we are out of our minds?

This book is an exploration of what emotional hijacking really means. It gently explores the research that will help you understand what is happening to your bodies and your brains when you experience various degrees of emotional upset, fear, anger or rage.

Praise for Potter's Program

In over 20 years of medical practice and multiple board exams and hundreds of hours of reading medical literature, I had never encountered such a clear description of how we form our fears and how we hold the key to disarming them in our rational brains.

-Juan Remos, M.D.

In this book, Marlene Potter has provided that clear, easy to understand, biological explanation of what is happening in our minds and bodies when our emotions appear to rule our thinking and our behavior. She offers simple and effective tools to improve our emotional self-care. This allows us the emotional freedom to become more aware of our options and to make more rational choices.

-Janice L. Hynes, Psy.D



Marlene Schneider Potter is the Director of Coconut Grove Center for Counseling, a psychological service that provides individual, group, marriage and family therapy. She is very interested in the research about how the biology of the brain influences people's emotions, behavior and interactions.

Marlene's present work is strongly influenced by the research of Dr. Joseph LeDoux. Marlene was the Assistant Director of the Point of Woods Laboratory School at the State University of New York at Stony Brook and served as a lecturer in the Psychology Department. While at the University, she pioneered the Turtle Technique, a method for teaching self control to children with behavior problems.

Emotional Hijacking is available now through Amazon for \$18.99