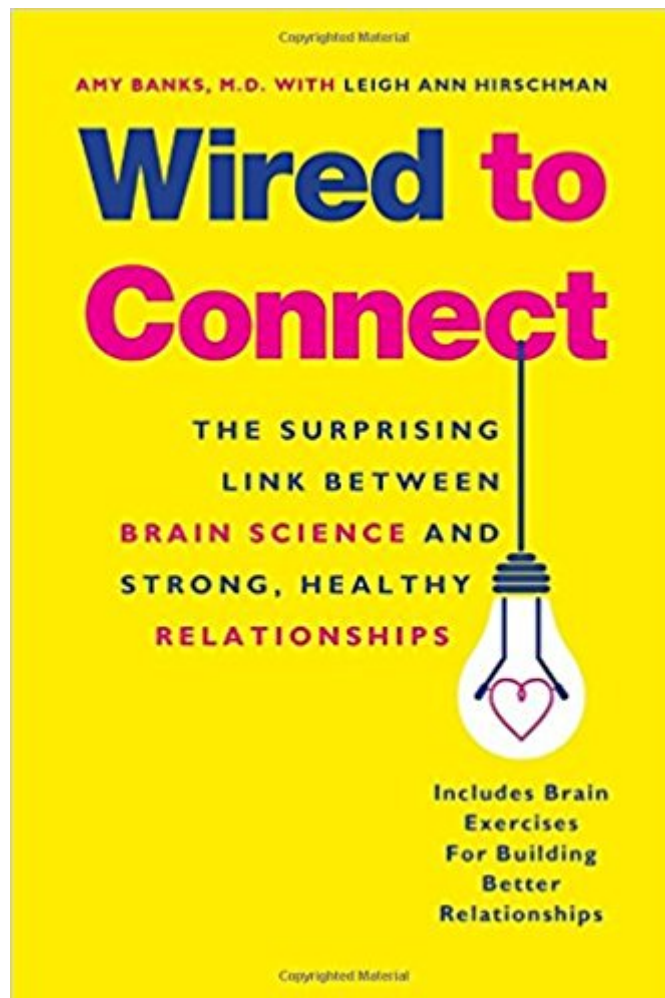




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# Wired To Connect: The Surprising Link Between Brain Science And Strong, Healthy Relationships



## Synopsis

Research shows that people cannot reach their full potential unless they are in healthy connection with others. Dr. Amy Banks teaches us how to rewire our brains for healthier relationships and happier, more fulfilling lives. We all experience moments when we feel isolated and alone. A 2006 Purdue University study found that twenty-five percent of Americans cannot name a single person they feel close to. Yet every single one of us is hardwired for close relationships. The key to more satisfying relationships is to be it with a significant other, a family member, or a colleague is to strengthen the neural pathways in our brains that encourage closeness and connection. In this groundbreaking book, Dr. Banks give us a road map for developing the four distinct neural pathways in the brain that underlie the four most important ingredients for close relationships: calmness, acceptance, emotional resonance, and energy. *Wired to Connect* gives you the tools you need to strengthen the parts of your brain that encourage connection and to heal the neural damage that disconnection can cause.

## Book Information

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## Customer Reviews

"I love this book! It is beautifully written, engaging, and inspiring. Want more happiness? Want to live longer? Want to be healthier in mind and body? Then learning these four ways to click in to more meaningful and rewarding relationships is your passport to achieving these goals. Let Amy Banks be your guide to a better life of love and laughter. Enjoy!" —Dr. Daniel Siegel, author of the New York Times bestseller *Brainstorm* "The subtext of *Four Ways to Click* is that we are our relationships. In this amazingly accessible, profound book, you get an introduction to the new,

science-based, radical concept that your brain is 'relational,' and you get a manual that shows you amazingly effective ways to use your relationships to optimize your brain's natural inclination to connect. This book will help all joyful people understand the source of their joy, and all unhappy people understand how they can become joyful. This book should be used by every clinician and read by everyone." —Harville Hendrix, Ph.D, and Helen LaKelly Hunt, PhD, authors of Getting the Love You Want (Hendrix) and Making Marriage Simple "Love is not enough. Amy Banks shows how the four essential ingredients for a successful relationship are based in the perplexing architecture of your brain. By understanding what is happening within you, you can vastly improve what is happening between you. This well-written, reader-friendly book can show you how!" —David Feinstein, PhD, co-author of The Energies of Love

Amy Banks, M.D., was an instructor of psychiatry at Harvard Medical School and is now the director of advanced training at the Jean Baker Miller Training Institute at the Wellesley Centers for Women. She has a private practice in Lexington, Massachusetts, which specializes in relational psychopharmacology and therapy for people who suffer from chronic disconnection. — Leigh Ann Hirschman is a bestselling nonfiction writer who specializes in psychology, parenting, and health.

Very nice science and what to do with it. Good writing, not condescending, but not dumbed down, either. it's the kind of book you like to underline and refer back to again, and again. The connection between good feeling and good relationships has always intrigued me, but from reading this book I now understand much more in detail why that connection exists and how to promote it.

Dr Banks's CARE protocol is deeply insightful. Calm, Accepted, Resonant and Energetic: these categories correspond to four brain circuits that are crucial not just to having strong, healthy relationships but also to thriving in life in general. Her argument for relationships as the centerpiece of our overall health and well-being is convincing, with exercises that are useful and easy to implement. I especially appreciated the CARE assessment, which was highly revealing about the nature of my own relationships.

I have anxiety and have found that being around people is exhausting because I am constantly struggling with thoughts that I'm going to do something wrong and upset people. This book really helped me to take a deeper look at how I bracketed way and how I can retrain my brain to learn to trust myself and the people around me again. I liked the examples of real people's issues and the

hands on questionnaires and tasks. Unfortunately, there is so much information that I doubt I'll be able to complete all the suggested activities. I would recommend this book to anyone that finds relationships a struggle and exhausting.

A simple and powerful explanation of how the brain and our relationships - familial, romantic, platonic - are inextricably linked. For those who have experienced positive relationships in their lives, this book explains how it benefits us. For those that haven't always (or ever) experienced positive relationships in their lives, it explains how those experiences can form roadblocks to our ability to form emotionally positive relationships, even when we intellectually understand the people we're trying to connect to are great people. It also explains how we can measure the quality of our relationships, with respect to how they provide C(alm).A(cceptance).R(esonance).E(nergy), and how to use that information to make all of our relationships better.

Dr. Banks gives research and theory on the etiology of humans inability to relate in an optimal manner. Personal stories of treatment and practical techniques to resolve impairments are given.

I bought this book for a Counselor's book club. Unfortunately I only read a few pages and gave up. This book is primarily focused on science/neurology at least at first. I wasn't looking for more schoolwork to do on top of my PhD but that's what it felt like. This is probably a good educational book for learning neurology in relation to the drive to care and be cared for, but it didn't seem to be something to help therapist with maintaining balance (which is more what I expected).

Excellent book! The author writes in a clear, descriptive and humorous style with real-live tips and examples. I love it!

This book was a common sense book. I mean the more you read the more it became. Learn that this is just common sense

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