

The User's Guide to the Human Mind: Why Our Brains Make Us Unhappy, Anxious, and Neurotic and What We Can Do about It

By Shawn T. Smith PsyD

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Your mind is not built to make you happy; it's built to help you survive. So far, it's done a great job! But in the process, it may have developed some bad habits, like avoiding new experiences or scrounging around for problems where none exist. Is it any wonder that worry, bad moods, and self-critical thoughts so often get in the way of enjoying life?

Based in acceptance and commitment therapy (ACT), *The User's Guide to the Human Mind* is a road map to the puzzling inner workings of the human mind, replete with exercises for overriding the mind's natural impulses toward worry, self-criticism, and fear, and helpful tips for acting in the service of your values and emotional well-being—even when your mind has other plans.

- Find out how your mind tries to limit your behavior and your potential
- Discover how pessimism functions as your mind's error management system
- Learn why you shouldn't believe everything you think
- Overrule your thoughts and feelings and take charge of your mind and your life

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Editorial Review

Review

“You’ve been using the tool between your ears your whole life, but how often have you considered what it is and what it is good for? No user’s manual came with it, but this book helps make up for that shipping mistake. You would not use your dishwasher without cracking the manual. Come on. Time to take a look!”
—Steven C. Hayes, PhD, Foundation Professor of Psychology at the University of Nevada and author of *Get Out of Your Mind and Into Your Life*

From the Publisher

Written by a clinical psychologist and popular blogger, *The User's Guide to the Human Mind* is a quirky and informative pocket guide to understanding and overriding our natural neuroses, psychoses, and other seldom useful, always tiresome antics of the human brain.

About the Author

Shawn T. Smith, PsyD, is a psychologist in private practice who has enjoyed a lifelong fascination with the mind. He has done clinical work in diverse locations, including a rape crisis clinic, the International Commission on Missing Persons in Bosnia, and the Colorado prison system. Smith lives in Denver, CO, with his wife, daughter, and their dog.

Users Review

From reader reviews:

Deborah Lake:

The book *The User's Guide to the Human Mind: Why Our Brains Make Us Unhappy, Anxious, and Neurotic and What We Can Do about It* can give more knowledge and also the precise product information about everything you want. So why must we leave the best thing like a book *The User's Guide to the Human Mind: Why Our Brains Make Us Unhappy, Anxious, and Neurotic and What We Can Do about It*? A number of you have a different opinion about book. But one aim this book can give many info for us. It is absolutely appropriate. Right now, try to closer using your book. Knowledge or data that you take for that, it is possible to give for each other; it is possible to share all of these. Book *The User's Guide to the Human Mind: Why Our Brains Make Us Unhappy, Anxious, and Neurotic and What We Can Do about It* has simple shape nevertheless, you know: it has great and large function for you. You can appear the enormous world by open up and read a book. So it is very wonderful.

Leigh Weimer:

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Tara Reynolds:

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Debbie Yarborough:

With this era which is the greater particular person or who has ability to do something more are more precious than other. Do you want to become one of it? It is just simple method to have that. What you have to do is just spending your time little but quite enough to enjoy a look at some books. On the list of books in the top list in your reading list is usually The User's Guide to the Human Mind: Why Our Brains Make Us Unhappy, Anxious, and Neurotic and What We Can Do about It. This book and that is qualified as The Hungry Hillside can get you closer in getting precious person. By looking up and review this publication you can get many advantages.

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