



Unfuck Your Brain: Using Science to Get Over Anxiety, Depression, Anger, Freak-Outs, and Triggers

Faith G. Harper

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A no-nonsense and helpful guide on how to cope with a slew of mental-health issues that are hellbent on ruining the lives of millions of people worldwide.

Our brains are doing their best to help us out, but they can be real assholes sometimes. Sometimes it seems like your own brain is out to get you—melting down in the middle of the grocery store, picking fights with your date, getting you addicted to something, or shutting down completely at the worst possible moments. You already told your brain firmly that it isn't good to do these things. But your brain has a mind of its own, especially if it's focusing on and obsessing about trauma it can't overcome. That's where this book comes in. With humor, patience, and lots of good-ole swearing, Dr. Faith shows you the science behind what's going on in your skull, and talks you through the process of retraining your brain to respond appropriately to the non-emergencies of everyday life. If you're working to deal with old traumas (particularly P.T.S.D), or if you just want to have a more measured and chill response to situations you face all the time, this book can help you put the pieces of the puzzle together, and get your life and brain back on the right track.

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Henry Brock says

From reading Unfuck Your Brain I learned about Microcosm Publishing. I look forward to reading some of their other publications.

I found some useful prompts and reminders in this book, thus five stars.

While the language fits the title, it feels like omitting all the swearing could save several pages in length.

Less fun to read aloud then, though.

Faith Harper deviates from the mental health advice to give some nutrition advice and goes too far, claiming that people predominantly avoid wheat out of fear of genetic modification and not out of fear of gluten.

People in general may well fear genetically-modified organisms, but the author does not disabuse the potentially-fearful reader. While Monsanto is working on Roundup-ready wheat, I am not aware of commercially-available versions. It would be helpful to apply more science to this section.

Samantha says

A very down-to-earth explanation of how to cope with anxiety, depression, anger, freak-outs, and triggers. As described by the author, "This book is about general life bullshit and other-people's dickitude."

The author, a therapist, uses a lot of slang and profanity to explain the brain's response to stress and trauma.

Despite its attempt and being an ultra-humourous and relatable "self-help book for people who don't read self-help books", I actually had a hard time staying focused on its stream-of-consciousness style and therefore didn't find it all that helpful.

AB Watson says

They say content is king, but the audio quality on the AudioBook is very bad. Get the hardcopy instead of the audiobook if you want to read this.

Cass Rae says

Easy read. I understand the authors thought process behind the constant swearing, but it was overkill at times and made it difficult to read and comprehend. I found this book is mainly about dealing with specific traumas or traumatic experience, so if this isn't the source for your anxieties about 80% of the book won't apply to you. However the coping mechanisms are universal and I still found this to be a good, easy, self help read. Would recommend to anyone who is dealing with any mental illness they believe is caused by a life trauma.

Michael says

While the information in this book is nothing particularly new, it is certainly presented in an unorthodox way. The direct, expletive filled text is refreshing, although a thorough copy edit is much needed.

Alessandro says

3.5 stars

The first part of the book, was actually the most interesting in my opinion, since it dove deep into how our brains work and the mechanisms that trigger emotional reactions: when you know how something works, you not only better understand it, but you also gain the power to better control it.

This book is useful for those people that had a traumatic experience in their lives or think they are being triggered by random events and wanna maybe understand why that is.

This book is NOT gonna give you the exact answer, but it can definitely steer you in the right direction.

The second part was still interesting, but I found it less useful, let's say.

Overall, a really nice book.

Kristina says

What I didn't like is a constant swearing. Sometimes it is funny but here it was too much.

I noticed that she says that self-esteem is something from outer surroundings and not from within. Very confusing because right now I'm finishing a book about self-esteem where during the whole book an author says the opposite. But it is not the main topic of "Unf*ck" and the book in general was ok. And probably audio isn't my format for books.

B.T. Mienoré says

Faith Harper is a licensed therapist, and is the perfect person to give sound advice on how we can overcome our negative brain patterns, such as PTSD and depression, through the use of science-based behavioral, meditative, and learning techniques. I enjoyed the saucy language, as I too am a potty mouth! Her science is sound, and that is what counts.

Billie Cotterman says

I really enjoyed this book, including the humor, but more because it has some concrete tasks and goals to achieve. If I could, I would give it 4 1/2 stars out of 5 because I wish it had more concrete tasks and had been

a bit longer for the price I paid, but I'm still happy enough with it to give it 5 stars rather than 4. The bibliography also has some great additional readings that I was unfamiliar with. This and "The Body Keeps the Score" by Dr. Bessel A. van der Kolk will be two of my go-to books for depression along with "The Mindful Way through Depression" by Mark Williams.

Sarah Carter says

Audiobook review

Brains are assholes, it's official. The audiobook of this is terrific in all its sweary glory. While some of the middle chapters have a bit too much woo, the rest is good practical knowledge on why brains work the way they do & how to get them working for you, rather than against you. The sound glitches in a few spots, but Faith Harper sounds like the swearingest, most honest version of your mom's best friend. Glad I got the audiobook as I know I'm going to give this another listen in times of need.

Marty O'Connell says

I love books.

How else can you travel through time and space into the mind of another person? I find them magical.

Therefore, I sometimes rate them higher than maybe they should be rated, but so be it. Anyone who starts reading a book I highly recommend and dislikes it is free to stop reading it.

If you view four-letter words as anything more than five-letter words with one less letter, Unfuck Your Brain may not be for you. Just as a third of the words in the title are expletives, so is the expletive count of a number of the sentences in the book (or so it seems).

The author is an engaging writer who knows her stuff, and communicates effectively. If you have been through, or are going through, trauma, depression, anxiety, anger, rejection, or any of those other emotional and mental states that can make life suck, then this book is a helpful starter to get you out of them.

It's short, introductory, and leaves one wanting more. It has a satisfactory section at the end that recommends other authors and books to continue one's journey to wholeness. It's a helpful bibliography of help.

If for no other reason, I wish everyone would buy the book just to read the section entitled, "The Platitude Bullshit People Say That Doesn't Help." That alone would make the world a better place.

Well, there are other reviews here that will critique the book more fully, so I leave you to them. If, though, you have discovered first hand, along with M. Scott Peck and me, that life is difficult, then I ask that you seriously consider getting a copy of this book and spending some time in Ms. Harper's brain; it will do yours well.

Kait Jackson says

I feel like I may need to read this a couple more times to get it all, but I liked it and have recommended it to a bunch of people.

Amy Helms says

This book has me questioning if I was diagnosed correctly. I went to the dr thinking I had post partum depression but after reading this I think I have PTSD trauma. I've had a series of events that happened throughout my life that made q huge impact on the way I act now. I was diagnosed as bipolar disorder with sever anxiety and depression but I think now it's something else. This was a good easy book to read and understand. I recommend to anyone who wants information on anxiety and trauma experiences.

L.A. says

Catalina Ferro's bitching spoken word poem, "Anxiety Group," observes that "Rich people go to therapy. Poor people got shit to do." If you're now laughing -- bitterly or otherwise -- you will enjoy Dr. Faith's similarly blunt, homespun wisdom for coping with your unruly brainmeats.

Dr. Faith's writing is excellent because she explains things in layman's language without talking down to you. She also talks to you like a PERSON, and not like a doctor looking down her nose at you (which, sadly, some doctors are wont to do). Dr. Faith knows that her education doesn't make her a superior person: it makes her a person with answers, and her success at delivering those answers depends on her ability to both empathize with and communicate with her patients in a way they'll understand, and with dignity.

By which I mean, she says "fuck" a lot, and all the other cusswords people of a certain class and/or background use regularly. It's brilliant, because a lot of people are turned off the mental health treatment they need by language barriers and snooty attitudes. Reading this book will not only help you with your problems, it will inspire you to go get whatever other help you deserve, from someone who will treat you with respect. This should be a staple of your consumer health collection, unless of course you live in a neighborhood where "civility" is encouraged. Highly recommended for people who want to get free, but might not have the resources.

Sonnet Fitzgerald says

Oof. I know this book is loved by a lot of people, so I guess I'm in the minority, but I couldn't even finish it. I tried reading straight through, skipping around, reading the boxes, nothing made it bearable to me. The tone (and I'm not talking about swearing, I fucking swear all the time) that other people find quirky and engaging felt to me like I was being forced to sit through a dudebro giving a TED talk. Was the information included correct and helpful? Probably, but I'll never know because I spent the entire time distracted by how much I hated the delivery.

