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User Manual: Soar Above

HOW TO USE THE MOST PROFOUND PART OF YOUR BRAIN UNDER ANY KIND OF STRESS

By Dr. Steven Stosny PhD

Introduction

This manual serves as a guide to understanding and applying the transformative principles presented in Dr. Steven Stosny's book, *Soar Above: How to Use the Most Profound Part of Your Brain Under Any Kind of Stress*. The book offers a groundbreaking approach to managing stress and improving personal interactions by leveraging the most advanced parts of the human brain.

It addresses how, under pressure, individuals often revert to less developed emotional responses, leading to negative outcomes. Dr. Stosny provides a clear framework for developing new, resilient habits that promote healthier responses and foster positive relationships.

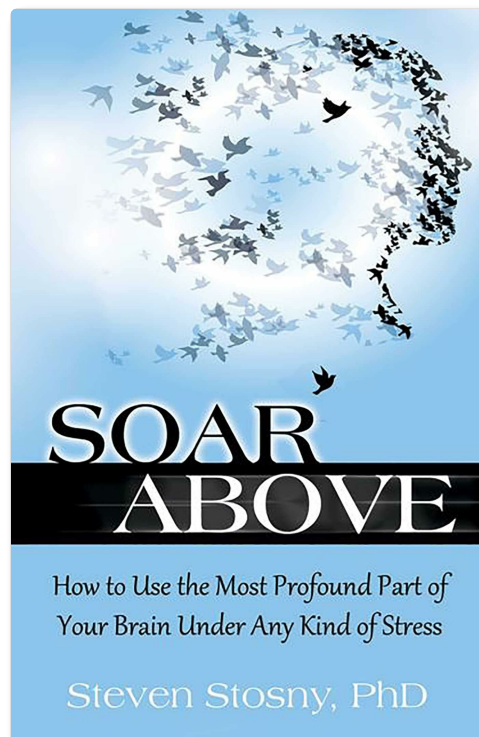


Image: The cover of "Soar Above" by Dr. Steven Stosny PhD, illustrating the concept of rising above stress.

Key Concepts

Dr. Stosny introduces several core concepts crucial for understanding and implementing the book's teachings:

- **The Toddler Brain vs. The Adult Brain:** The book distinguishes between reactive, emotion-driven responses (the "toddler brain") and thoughtful, analytical, and empathetic responses (the "adult brain" or prefrontal cortex). Understanding this distinction is fundamental to shifting behavior.
- **Reciprocity:** This principle highlights how emotions and behaviors tend to be mirrored in interactions. Positive actions and attitudes often elicit positive responses from others, while negative ones can escalate conflict.
- **Contagion:** Emotions are contagious. The emotional state of one individual can spread to others, influencing the overall atmosphere of a relationship or group. The book teaches how to consciously manage one's emotional contagion.

Practical Application

To effectively utilize the insights from *Soar Above*, readers are encouraged to engage in the following practices:

1. **Identify Toddler Brain Responses:** Become aware of automatic, unhelpful reactions to stress, such as blame, denial, avoidance, or aggressive communication.
2. **Activate the Adult Brain:** Practice conscious techniques to engage the prefrontal cortex. This involves pausing before reacting, analyzing situations from multiple perspectives, and considering long-term consequences.
3. **Apply Reciprocity and Contagion:** Intentionally choose to project positive emotions and behaviors to inspire constructive interactions. Understand that your emotional state can influence those around you.
4. **Cultivate Self-Compassion:** The book emphasizes the importance of self-worth and compassion as foundational elements for personal growth and healthy relationships.
5. **Practice Consistently:** Like any skill, shifting brain habits requires consistent practice. Regular application of the book's principles will strengthen new neural pathways.

By integrating these practices, readers can transform their responses to stress, improve their relationships, and foster a more positive and productive life.

About the Author

Dr. Steven Stosny, Ph.D., is a renowned relationship expert and founder of CompassionPower, an organization through which he has treated over 6,000 individuals for more than 21 years. He is the author of several influential books, including *Living & Loving after Betrayal* and *Love without Hurt*. Dr. Stosny's work is grounded in research from psychology, neurobiology, and anthropology, and he is known for his practical and compassionate approach to emotional well-being. His Psychology Today blog on relationships is widely popular, with millions of views.

Book Specifications

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