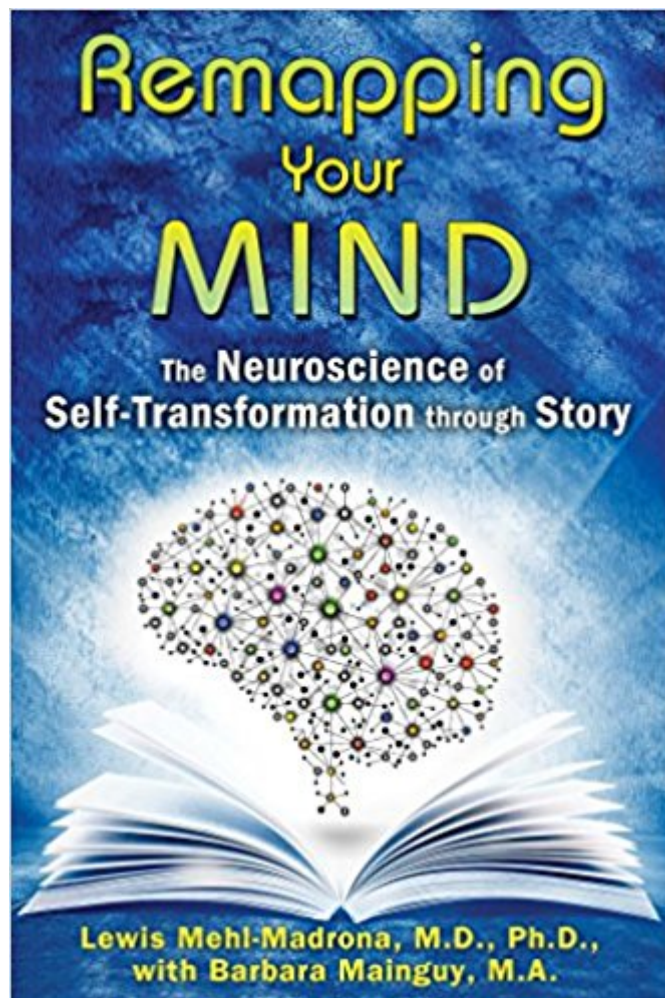




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Remapping Your Mind: The Neuroscience Of Self-Transformation Through Story



Synopsis

A guide to retelling your personal, family, and cultural stories to transform your life, your relationships, and the world • Applies the latest neuroscience research on memory, brain mapping, and brain plasticity to the field of narrative therapy • Details mind-mapping and narrative therapy techniques that use story to change behavior patterns in ourselves, our relationships, and our communities • Explores how narrative therapy can help replace dysfunctional cultural stories with ones that build healthier relationships with each other and the planet

We are born into a world of stories that quickly shapes our behavior and development without our conscious awareness. By retelling our personal, family, and cultural narratives we can transform the patterns of our own lives as well as the patterns that shape our communities and the larger social worlds in which we interact. Applying the latest neuroscience research on memory, brain mapping, and brain plasticity to the field of narrative therapy, Lewis Mehl-Madrona and Barbara Mainguy explain how the brain is specialized in the art of story-making and story-telling. They detail mind-mapping and narrative therapy techniques that use story to change behavior patterns in ourselves, our relationships, and our communities. They explore studies that reveal how memory works through story, how the brain recalls things in narrative rather than lists, and how our stories modify our physiology and facilitate health or disease. Drawing on their decades of experience in narrative therapy, the authors examine the art of helping people to change their story, providing brain-mapping practices to discover your inner storyteller and test if the stories you are living are functional or dysfunctional, healing or destructive. They explain how to create new characters and new stories, ones that excite you, help you connect with yourself, and deepen your intimate connections with others. Detailing how shared stories and language form culture, the authors also explore how narrative therapy can help replace dysfunctional cultural stories with those that offer templates for healthier relationships with each other and the planet.

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Customer Reviews

In this superb contribution to the field of self-transformation through story, Dr. Mehl-Madrona and Barbara Mainguy present important scientific research in approachable language as they demonstrate the intrinsic therapeutic value of story at all levels of our being. The authors have all the qualities of true "medicine" people--they heal, they bless, they give thanks, they teach, they respect those who approach them for help--and so join the ancient lineage of storytellers who ensure the continuity of life giving, universal healing wisdom. • (Jack Angelo, author of *Self-Healing with Breathwork: Using the Power of Breath to Increase Energy and*) Our life is a storied life. Where we may have been thrown into an unhappy or even hostile story, we have ways to remap and re-story our lives. I have read each of Dr. Mehl-Madrona's books, shared them with clients and students, and witnessed how his words help transform the inner and outer landscapes of our lives. He shows us how we can experience transformation and transcendence by being able to story our life differently. *Remapping Your Mind* satisfies in every way. • (Julie Tallard Johnson, author of *The Zero Point Agreement: How to Be Who You Already Are*) "Remapping Your Mind" finally gives a clear guide to that elusive "how" using the techniques of narrative therapy and reframing to assist people in shifting perspectives about incidents and actions from their past and present. An addiction to alcohol might be reconstructed as a medicine-gone-wrong via a fairytale narrative. Running away from home as a child might be reframed as going on a heroic journey. Other methods, such as movement, language change, and conscious application of placebo all appear, complete with anecdotes and step-by-step application. These methods do, undeniably, lay a path for radical change." (Facing North, Diana Rajchel, February 2016) "Dr. Lewis Mehl-Madrona and Barbara Mainguy breathe new life into helping people transform their inner landscape and inner world. *Remapping Your Mind* is filled with powerful case studies and tools that combine ways to reprogram the brain and peoples' lives through storytelling, art, movement, witnessing, and honoring and respecting each person's healing journey. Lewis gifts us as he shares some native teachings. This book is simply brilliant! • (Sandra Ingerman, M.A., author of *Walking in Light* and coauthor of *Speaking with Nature*) This must-read book sheds light on the profound relationship between

storytelling and our physical, emotional, and spiritual well-being. Through Mehl-Madrona and Mainguy's engaging stories we learn how reframing our narratives can lead to unexpected personal and social healing. I whole-heartedly recommend *Remapping Your Mind*. • (Itzhak Beery, author *The Gift of Shamanism*, editor of *Shamanic Transformations* and publisher of Sham) • The work of Dr. Lewis Mehl-Madrona, based both on indigenous knowledge and cutting edge scientific data, is of utmost importance and scope, both on the personal and collective levels. We do not live in the world, as we believe. Instead, we live in the story of the world we unconsciously create for ourselves. Becoming aware that we are story creators, and learning how to (re)create our stories consciously, as Lewis teaches, gives us tremendous power over our lives. Book after book, the author gives us the keys to becoming free of the matrix of our old inadequate stories! • (Olivier Clerc, author of *The Gift of Forgiveness* and *The Five Agreements Game*) • Once upon a time the stories we were told about ourselves were constricted to the fact that you are what you have experienced and that you can't get away from that. In this book, Lewis and Barbara clearly challenge all these notions of lifelong ill-being, of being weighed down by the past. They use many cases from their own experience and match these with the latest experiments in neuroscience to show this not to be true. This book will infect those who read it with hope, humor and energy. This book offers to the mind, what Copernicus and Galileo gave to the sun and moon. • (Venetia Young, M.D., coauthor of *10 minutes for the Family*)

Lewis Mehl-Madrona, M.D., Ph.D., is a physician, associate professor at the University of New England College of Osteopathic Medicine, and executive director of the Coyote Institute for Studies of Change and Transformation. The author of several books, including *Narrative Medicine* and *Coyote Medicine*, he lives in Orono, Maine. Barbara Mainguy, M.A., is a psychotherapist and education director for the Coyote Institute for Studies of Change and Transformation. She lives in Orono, Maine.

I've read most of Mehl-Madrona's books and have benefited from all of them. His writing style is personal and easy to understand. I especially like this book because it gives us techniques on how to work with clients, which includes how B. Mainguy adds to his treatment modality, and he lets us know how long it took for the client to see positive results (important for those who work with insurance companies). This book seems could serve as a textbook. As with all of his books, he does extensive research so you know he's not coming out of "left field"--particularly important to those who are scientifically trained (as he is). I loved Barbara Mainguy's informative chapter at the

end of the book regarding the importance of body, how it affects our mind and emotions and ways she has worked with movement to affect positive change in clients. She too provides well-researched information.

If you've ever noticed how friends and family describe themselves to new people, you'll likely hear them describing themselves through stories and metastories--the stories of our lives. "There are no truths, only stories," as Thomas King points out, and yet these stories need not stay stuck in one particular type of archetypal plot type, but can be changed in ways that benefit our emotional, mental, physical and spiritual health. *Remapping Your Mind* provides us with a road map by which we view the inner landscape of our collective minds as the territory of stories we live by. We tell ourselves and others who we are, what motivates us, how we arrived where we are today, and what kinds of challenges we face in the stories we live by. As it turns out, stories are far from passive, inert influences in our lives; they can be every bit as dangerous as they are healing. Author Lewis Mehl-Madrona and his wife Barbara Mainguy share insights for transforming stories from their professional practices in osteopathic medicine and psychotherapy in *Remapping Your Mind*, with strong support from recent scientific research to explain how and why story therapy can work. Research explaining how the Default Mode Network (DMN) describes activities in the brain region responsible for running the background activity constantly running in our minds. Scientific studies investigating the remarkable efficacy of the Placebo Effect provide insights as to how the stories people tell influence mind-body-spirit health and wellbeing. While the case studies and scientific research are quite convincing, I admit that I already know the methods described in *Remapping Your Mind* are effective--because this method is one I have found to be quite reliable when assisting my life coaching clients over the past sixteen years. I have witnessed the same kind of remarkable transformations in peoples' lives as described in this book, in which people find profound insights in discovering their story, and as they become facile in changing the landscape of the significance and meaning of events and characters in their lives. There is a kind of magic that occurs when people move out of feeling victimized into a bigger world of more positive possibility, and *Remapping Your Mind* provides a trusty guide to start this transformation right away. Whether or not you can wrap your mind around the transformative healing power of stories, and even if you don't yet know what your stories are, *Remapping Your Mind* will likely be one of your most treasured reference books. As Thomas King once pointed out, "The truth about stories is that that's all we are." How wonderful that we have a very big say in how we tell the stories of our lives! Highly recommended for anyone interested in self transformation! This review was written for a book I requested and received in

exchange for an honest review.

Very good book!

great book

This book is life changing!

This work also provides insights for anyone seeking genuine healing, so that you can help yourself, your friends, and family. The concept of using story to heal is not taught by mainstream medicine. I'm a hybrid, like Lewis, who's worked both sides of the fence. After twenty years as an RN, I transitioned to massage therapy and energy healing work. Lewis comes from Lakota roots, is a medical doctor, but also incorporates Native American healing into his repertoire. The result is transformational, as is this, his latest book. He and Barbara tell of the power of story and how it can "lighten up" our journey, so that we cast off our burdens and emerge into the light. The neuroscience is included, as well, which can be quite fascinating. But I read it for the stories that educated me in the new paradigm: connecting with our clients and patients through story, listening deeply, and connecting with the power of love to lift the entire planet, one person (and all the lives they touch) at a time. Lewis and Barbara are dedicated professionals whose work elevates healing to an art. You don't want to miss this book and might want to buy it for those you love, as well as yourself.

Not a bad overview of the idea of narrative therapy from two of the pioneers. Using many bibliographic citations, they lay the foundation of the idea that the body tells the story, and how good or bad the programs related are. Good overview with no easy answers presented in narrative/story format

great book

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