



# 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:**

##### **Georgetta Watson:**

Book is to be different per grade. Book for children until eventually adult are different content. As you may know that book is very important usually. 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* had been making you to know about other information and of course you can take more information. It is extremely advantages for you. The guide *The User's Guide to the Human Mind: Why Our Brains Make Us Unhappy, Anxious, and Neurotic and What We Can Do about It* is not only giving you a lot more new information but also to be your friend when you really feel bored. You can spend your own personal spend time to read your guide. Try to make relationship while using 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*. You never experience lose out for everything should you read some books.

**Jessica Keith:**

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**Ian Hall:**

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