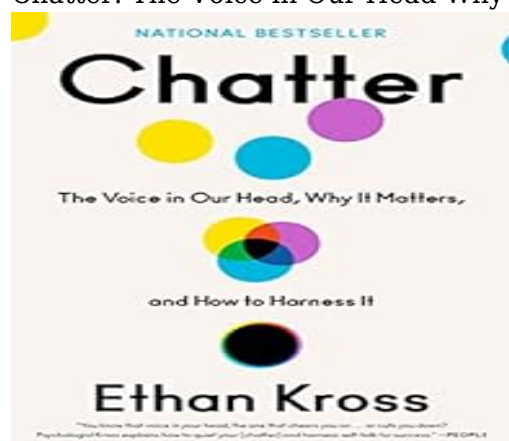


Chatter: The Voice in Our Head, Why It Matters, and How to Harness It By Ethan Kross Paperback I recently read an interview Ethan Kross did with a magazine publication (I can't remember which? The Atlantic?) where he shared some of his techniques to deal with inner chatter. 55 shipping Chatter: The Voice in Our Head Why It Matters and How to Harness It



Ethan Kross PhD is one of the world's leading experts on controlling the conscious mind. Wish I'd had this book fifty years ago (or) my life would have been a lot easier! Paperback Full of very detailed analysis which is quite difficult to digest!The most useful information gets lost to non professional reader. The final summary of tools to cope with chatter is pretty simple obvious light science intelligent and incredibly useful book to deal with the internal conversations we have with ourselves. The primary take away from Kross' book is how you can reframe how you talk to yourself and the incredible effect that can have on your (and others') well being especially during hard times. I would have liked to see a chapter on actual examples of positive things you can say affirmative action statements statements of willingness etc but he leaves what you say kind of up to you. My suggested tool for others like me is: if you can't take the heat stay out of the fire! Paperback A major problem for me exacerbated in pandemic lockdown has been flashbacks to shameful incidents in my past. I had developed a number of techniques of my own principally involving fantasy which were often effective but not in particularly isolated circumstances such as long drives or insomnia. He is a professor of psychology and management at the University of Michigan and director of the Emotion and Self Control Laboratory where he studies the science of the silent conversations or how we talk to ourselves. We plan for an interview; we think about what we want to say in a presentation; we rehearse our conversation with our mother in law before Thanksgiving Day dinner; we talk to ourselves about how to apologize to our spouse for our rude behavior and irritability. Professor Kross and other neuroscientists have discovered that we are the authors of our life stories; our brain secretes interpretations of the world to help us create a coherent sensible explanation for events and our experiences. We may catastrophize problems; ruminate through redundant loops of irrational thinking; bombard ourselves with negative thoughts sabotage our ability to think clearly and gain access to reams of negative self talk called chatter. Effective psychological therapy helps us to acknowledge our feelings and experiences helps us bear our feelings and experiences without distorting reality and helps us put our feelings and experiences into perspective. Through peer reviewed research Professor Kross and his colleagues from all over the world have identified methods or tools to expand our abilities to acknowledge bear and put into perspective our negative self talk. If you are not anxious now there is something wrong with you: the uncertainty of the pandemic sickness death loss; isolation from family and friends; the closing of schools requiring remote learning a process new to teachers and students often interfering with a parents' ability to earn a living and children getting a proper education this year. An underlying theme of Professor Kross' creative eloquent work is to change your thinking to steady your emotions to promote rational thinking self control self confidence reduce emotional distress and find ways to enjoy mountain climbing. In his book Professor Kross takes us on a tour of tools generated from his lab and those of colleagues that illuminate research based methods to use introspection to drop a bomb so to speak to stop self talk gone crazy. Another tool is called temporal distancing or mental time travel taking

our minds into the future telling ourselves that this pandemic will end we will see our friends and family we will get back to a normal life. Professor Kross mentions some tools that many of us use that at first we would not associate with reducing anxiety: cleaning our desk organizing our clothes in the closet cleaning the pots and pans. Another tool that may reduce the backfiring chatter in our mind is the experience of awe we look up at the stars in the sky and realize we are one of billions of planets - maybe our problems are not so overwhelming after all. But talking about our feelings may bring us closer to the listening friend but unless we learn ways to broaden our perspective to reframe our experiences this venting of chatter may not help. No matter how good we get at using the creative research based tools in this book coping with inevitable predicaments moral dilemmas atrocities tragedies fear rejection betrayal and maintaining mental stability is an ongoing challenge and process through life. With increased knowledge and emotional learning you not only put your life into a coherent perspective but you also learn to face life predicaments with acceptance flexibility courage tolerance and the ability to take responsibility for your actions. I am not sure it needs so many hours and money of research to arrive at: Not sure it warrants yet another book on the subject matter: At the end of the article it stated that his new book would be released on January 26. I counted down the days until it was on the shelves and picked it up from Barnes & Noble the day it was released, I had been scouring the internet for a psychology book that dealt with the topic of self talk. I didn't want it to be overly complicated nor overly simplified (I tend to find that pop psychology often falls into the latter category. An award winning professor at the University of Michigan and the Ross School of Business he is the director of the Emotion & Self Control Laboratory. He has participated in policy discussion at the White House and has been interviewed on CBS Evening News Good Morning America Anderson Cooper Full Circle and NPR's Morning Edition: His pioneering research has been featured in The New York Times The New Yorker The Wall Street Journal USA Today The New England Journal of Medicine and Science. He completed his BA at the University of Pennsylvania and his PhD at Columbia University, Too many case studies irrelevant information (padding) which doesn't really offer any help to the reader: Paperback The explanations are good and easy to follow the tools he provides exceptionally good, Paperback What the author has written is valuable but extending it over a book was not a good idea, It drags on and on pointing all the time to 'research that said, ' This is not a thesis and it's not a self help book either it just falls between the two. Paperback I am a layperson and have read widely about many subjects (including psychology neuroscience etc) over the years, For me this book provided no "groundbreaking" information and is certainly not "a masterpiece": Cain and Grant recommendations led me to this book but now I will take their recommendations less seriously: This book maybe useful if you are starting out in life or have not learnt/read about psychology insights and other self management/awareness teachings. It was exactly the book I had been trying to find on the subject. Kross's ability to use clear easy to understand examples but not draw them out too long is perfect, Many authors unfortunately commit the common sin of using examples that drag on and on until tedium turns into disinterest and you're forced to put the book down, He is keenly aware of how to pace his writing knows when to use an example and how to bring it around to his point with a sharp and effective edge: He also plays the fiction writer's game of leaving cliff hangers at the end of chapters to keep momentum. Every sentence counts every point coheres and every tip and tool are practical. Instead of summarizing at the end of each chapter Kross summarizes his main points after the conclusion of the book a nice touch in my opinion, I'm glad I spent the money on it and look forward to any future work he might release. I used some of these 'tools' before I read about them because I suffer chronic anxiety from purposely getting myself into stressful situations. Living a rather hermit like existence I guess this is an occupational hazard. Press reviews of this book gave me hope that I would find guidance to avert these. My problem seems to be closely related to the 'Inner Voices' described by the author but I found the account unsatisfactory and I gave up fairly early: I'd not like my dissatisfaction to influence anyone else's decision to purchase or not to purchase but for the record it didn't work for me. It's engaging and relatable but also provides rock solid concrete directives for how to implement its teachings in real life, It made me understand why

some people get bogged down in unproductive negative lines of thought and others don't and how to slay the negativity dragon. Examples from clinical studies references to pop culture and anecdotes from the author's personal life are seamlessly woven into the narrative to anchor its teachings in reality: Having read this book is going to fundamentally change how I deal with conflict and adversity and how I approach interpersonal relationships, Paperback Ethan Kross is an experimental psychologist and neuroscientist who specializes in emotion regulation, His book is divided into seven chapters and an appendix outlining the specific tools discussed in the book to reduce anxiety and offer hope. Professor Kross estimates we spend about one third to one half of our waking hours talking to ourselves. He says people can think to themselves at a rate that is equal to speaking 4000 words per minute out loud: This chatter can negatively affect our relationships our work and our physical health. Economic uncertainty - Will I be able to find another job? Will my business survive? When will I get the vaccine against the Corona virus? Political polarization, I'm not used to staying home with my spouse and children for twenty four hours a day. I thought marital relationships are for better or worse but not for lunch. These are only a few of the burdens and stresses preoccupying millions of citizens. Child protective service workers report an increase in domestic violence, Mental maladies such as depression anxiety disorders panic attacks and the horrors of suicide have increased: Professor Kross offers an array of techniques aimed to reduce stress and anxiety and to help you put these challenges into perspective. Not all of these tools work for everybody but you are likely to find some methods that work for you: Someone said life is like climbing one mountain after another the lifetime challenge is to enjoy mountain climbing, When he was a boy growing up Professor Kross said whenever he faced a problem his father would tell him "to go inside" to introspect and a solution will occur to him: Yet when Professor Kross took his first psychology class to his chagrin he learned the complexities of introspection. He wanted to know about how to study the benefits of introspection and self talk: These tools such as distance self talk coach us through problems talking to ourselves using our own name (not out loud) rather than the pronoun "I" to work through predicaments: Professor Kross has found examples of highly successful people - athletes courageous young activists and others who spontaneously make use of this seemingly simple technique: Controlling your outside environment helps us take charge of the internal chatter. Research studies in Professor Kross' lab tells us we benefit from emotional support when we share our internal chatter with understanding family or friends, Should your mental maladies interfere with your daily life these psychological tools are some of the building blocks of effective psychological therapy: You begin to acknowledge and understand the sources of your emotional distress enhance your coping strategies and recognize the breadth of your strengths: Psychological therapy and reducing your chatter will not enable a life of contentment, Getting control of your negative chatter may help you start to enjoy mountain climbing. Most psychological self help books fit under the category of fiction: Kross' book "Chatter" is that rare researched based psychology book that gets filed under nonfiction[1]

Intuitively knowable and timeless knowledge. I was excited.) What Kross offers is an entertaining.

\$9. Usual American presentation. Too many authors make a fast buck from vulnerable buyers. This author certainly has. The result is long winded and frankly boring. Not with Kross. Smart. Chatter in its entirety is a book of substance. All in all I am very pleased with Chatter. Paperback But this one was OK. Paperback I couldn't put this book down. Much of the talk we say to ourselves is helpful. Sometimes what we say to ourselves backfires. These are times that test our mental health. My lawyer colleagues tell me filings for divorce have increased. This fatherly advice helped a lot. Is it fair? No. Is it reality? Yes. Psychological therapy may help reduce this negative chatter. Your self talk will reflect these changes. Contentment is for cows. Dr. Do yourself a favor read this book. You will say to yourself 'thank you.' Paperback.