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### ***Your Mind Is What Your Brain Does for a Living: Learn How to Make It Work for You***

**By: Steven Jay Fogel with Mark Bruce Rosin**

*“Fogel’s guiding principles are right on target. Adopting them would have to improve your life.”*

*—Larry King*

**Greenleaf Book Group Press • March 2014 • 264 pages**

How we think—what we believe about ourselves and the world—influences how we act. The problem is that our beliefs are so ingrained that often we’re unaware of them and unaware of how they may interfere with our ability to create fulfilling relationships and accomplish our goals. In *Your Mind Is What Your Brain Does for a Living*, Steven Jay Fogel explains how our default programming—the automatic choices we make in life without even noticing—can sabotage us and how we can learn to interrupt our self-defeating behavior and make better choices. Readers will take away step-by-step advice they can practice immediately. Specifically, readers will learn:

- How default programming is formed, how it influences behavior, and how to disengage from it to lead a more fulfilling life
- What neuroscientists have discovered about the components of the central nervous system—including the amygdala, the hippocampus, and the cortex—and our ability to “rewire” our brain to help us act in ways that will make us happier
- How to resolve long-term dysfunctional relationships that are causing stress, frustration, and pain
- Techniques that can be used every day to accomplish personal and professional goals

**About the Authors:** Steven Jay Fogel has been described as a “Renaissance man for the new millennium.” He is a cofounder of Westwood Financial Corp., one of the leading private commercial real estate owners in the country. For decades he has been an active participant in the human potential movement, inspiring others to seek their true selves. As a longtime student of human behavior and development, he has studied with psychologists, educators, and rabbinical scholars. Steve is an accomplished artist and the author of *The Yes-I-Can Guide to Mastering Real Estate* (Random House) and *My Mind Is Not My Friend* (Fresh River Press). His broad experience in business and the arts led him to serve as chairman of the California Arts Council. He lives and works in Los Angeles.

*“Steve’s book is a game changer. His insights will improve your life.”*

*—Gray Davis, Former Governor of California*

Mark Bruce Rosin is a former senior editor of *Parents* magazine, a contributing editor to *Harper’s Bazaar*, and the author or coauthor of nine nonfiction books.