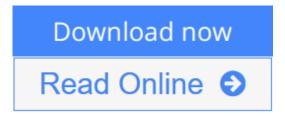


# The Cognitive Rampage, a dose of authentic revelation

By Adam Lowery MHC



**The Cognitive Rampage , a dose of authentic revelation** By Adam Lowery MHC

If you are at rock bottom, battling depression, anxiety, addiction, trauma, and are in need of a serious life change... this book is for you. If you simply enjoy self exploration, personal development, discovery and optimization this book is also for you. You will customize the scientific framework with your personal beliefs to build your authentic change more quickly, and be able to sustain it. You will use this framework throughout your life, through every age and for every change. These are not empty words of fluff or motivational spin. This book is an experience based in science. A path to help you unleash your desired change. You can apply this method on your own with NO HARMFUL SIDE EFFECTS. This book is based on Transrational Structure Behavior Theory (TSBT). Adam founded this integrative approach after experiencing the disconnect between the fields of mental health, wellness and naturopathy

"Trans-" is a prefix from the Latin "to transcend" "change thoroughly."Transrational" is to transition to a rational thinking process. This requires more than simple cognitive reframing, but deep belief extraction and examination. Your beliefs are processed through rational filters and applied to your behavior in a personalized structure for quicker impact. TSBT combines a behavioral approach with the cognitive sciences while also recognizing environmental and biological influences. These are strategies and tools cultivated from all the sciences.

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The text includes a Personal Life Inventory, Life Philosophy Reveal Worksheet and a Rational Self Analysis Map.All of these are in the book and are available for free download at adamlowery.com

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From the Author

If no one else is in your corner, than allow me to say that I believe in the power of you. I believe you can do what you believe you can do. Hey, I love you!

Adam Lowery

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