

“Where Did That Come From?”
How To Keep Control In Any Situation
Proven Tips to Manage *The Almond Effect* ®

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Introduction

You need to know about your amygdala – really!

Why do we experience The Almond Effect ®?

Has this happened to you?

Why does our brain react to a threat without thinking?

The Almond Effect ® in action when you're working

The Almond Effect ® in action at home

It's a 'Mindfield'

Short term tips and longer term strategies

Never give in

Even Aristotle knew

Tip 1: Catch yourself getting worked up

Tips 2 to 8: Over 15 physical things to do

Tips 9 to 15: Over 40 ideas on what to say to yourself

Tip 16: What you could say out loud

Tip 17: Visualisations

Tip 18: Don't wait 'til it's too late:

Tip 19: Stretch your comfort zone

Tip 20: What you 'see' is what you get

Stop-Think-Act

Now it's up to you