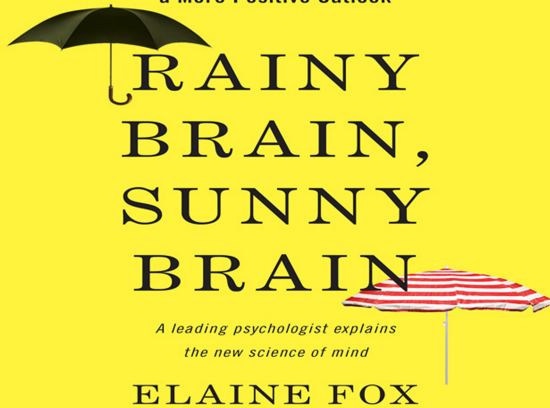


How to Retrain Your Brain to  
Overcome Pessimism and Achieve  
a More Positive Outlook



TITLE:  
**Rainy Brain, Sunny Brain**

AUTHOR:  
**Elaine Fox, PhD**

READ BY:  
**Karen Saltus**

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**NONFICTION**

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**“Every day I send my kids out the door to school with this admonition, ‘you can choose to be happy.’ More often than not, they roll their eyes, but in *Rainy Brain, Sunny Brain* Elaine Fox (no relation) offers a scientific argument for my contention. After much research, and in comprehensive, but comprehensible detail, Professor Fox provides a mental map to the sunny side of the street. For optimists and pessimists alike, this fascinating book is a must read.”**— *Michael J. Fox*

**“A psychologist looks at the influence that outlook – a tendency toward optimism or pessimism – can play in shaping the events in our lives...An insightful addition to the self-help bookshelf.”**— *Kirkus Reviews*

## Rainy Brain, Sunny Brain

by Elaine Fox, PhD

Read by Karen Saltus

**Fox describes a range of techniques that can actually strengthen specific thought processes.**

Are you optimistic or pessimistic? Glass half-full or half-empty? Do you look on the bright side or turn towards the dark? These are easy questions for most of us to answer, because our personality types are hard-wired into our brains. As pioneering psychologist and neuroscientist Elaine Fox has discovered, our outlook on life reflects our primal inclination to seek pleasure or avoid danger—inclinations that, in many people, are healthily balanced. But when our “fear brain” or “pleasure brain” is too strong, the results can be disastrous, as those of us suffering from debilitating shyness, addiction, depression, or anxiety know all too well.

### AUTHOR

Elaine Fox, PhD is Professor of Experimental Psychology at the University of Oxford, where she directs the Oxford Centre for Emotions & Affective Neuroscience (OCEAN). She was awarded a prestigious ERC Advanced Investigator fellowship in 2013 to set up a large study in Oxford investigating why some people are emotionally vulnerable while others are resilient. She is also a writer and speaker with passion for engaging everyone with the science behind how our mind works.

### READ BY

Karen Saltus began her voiceover career 30 years ago at a rock 'n roll radio station in Portland, Maine. After stints in other Maine radio markets, Karen headed back to her roots in Massachusetts, where she continued her radio career. Whether it's television or radio commercials, narrations for audiobooks, textbooks, multimedia, interactive, film, or IVR prompts for telephone applications for major American companies, Karen has voiced projects for high profile clients around the globe.