



Capture: Unraveling the Mystery of Mental Suffering

David A., M.D. Kessler

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Why do we think, feel, and act in ways we wished we did not? For decades, *New York Times* bestselling author Dr. David A Kessler has studied this question with regard to tobacco, food, and drugs. Over the course of these investigations, he identified one underlying mechanism common to a broad range of human suffering. This phenomenon—capture—is the process by which our attention is hijacked and our brains commandeered by forces outside our control.

In *Capture*, Dr. Kessler considers some of the most profound questions we face as human beings: What are the origins of mental afflictions, from everyday unhappiness to addiction and depression—and how are they connected? Where does healing and transcendence fit into this realm of emotional experience?

Analyzing an array of insights from psychology, medicine, neuroscience, literature, philosophy, and theology, Dr. Kessler deconstructs centuries of thinking, examining the central role of capture in mental illness and questioning traditional labels that have obscured our understanding of it. With a new basis for understanding the phenomenon of capture, he explores the concept through the emotionally resonant stories of both well-known and un-known people caught in its throes.

The closer we can come to fully comprehending the nature of capture, Dr. Kessler argues, the better the chance to alleviate its deleterious effects and successfully change our thoughts and behavior. Ultimately, *Capture* offers insight into how we form thoughts and emotions, manage trauma, and heal. For the first time, we can begin to understand the underpinnings of not only mental illness, but also our everyday worries and anxieties. *Capture* is an intimate and critical exploration of the most enduring human mystery of all: the mind.



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Why? Because this Capture: Unraveling the Mystery of Mental Suffering is an unordinary book that the inside of the e-book waiting for you to snap it but latter it will surprise you with the secret that inside. Reading this book adjacent to it was fantastic author who else write the book in such amazing way makes the content inside of easier to understand, entertaining approach but still convey the meaning fully. So , it is good for you because of not hesitating having this any more or you going to regret it. This book will give you a lot of benefits than the other book have got such as help improving your skill and your critical thinking technique. So , still want to hold up having that book? If I were being you I will go to the guide store hurriedly.

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