

# The DOC Journey Webinar #15

## *“Dampen the Reaction to Threat – Neuroplasticity”*



12-09-20

### **General References:**

Dr. Hanscom Blog: “Learn Another Language – “An Enjoyable Life”

- <https://backincontrol.com/learn-another-language-an-enjoyable-life/>

Dr. Hanscom Blogs on Awareness, Separation, Reprogramming and Neuroplasticity

- <https://backincontrol.com/mold-your-brain-neuroplasticity/>
- <https://backincontrol.com/reprogram-your-brain-around-pain/>

Dr. Hanscom Blog about his visit with Bruce Lipton

- <https://backincontrol.com/negative-messages-to-your-brain/>

**The “One Nervous System” diagram is on the following page**

### **Study:**

Negative impact of watching two or more hours of television.

Grace, et al, 2017, ‘Television Viewing Time and Inflammatory-Related Mortality’, National Library of Medicine  
<https://pubmed.ncbi.nlm.nih.gov/28514265/>

### **Book:**

[How Emotions are Made: The Secret Life of the Brain](#)  
**by Prof. Lisa Feldman Barrett, Ph.D**

### **Q&A with David Hanscom:**

[Join every Tuesday and Thursday at noon Pacific Time](#)

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