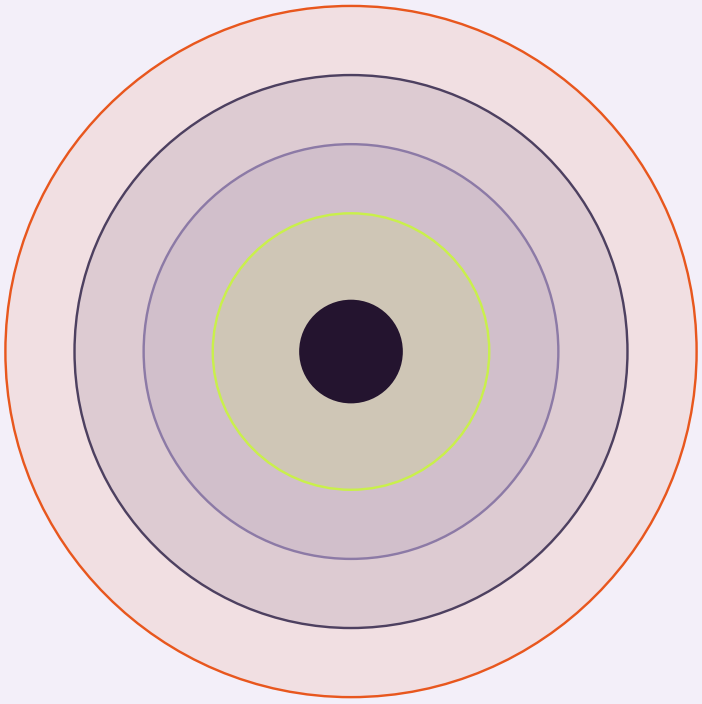


The Life-Changing Art of Self-Brain Surgery

A reading of the book by W. Lee Warren (2026)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of The Life-Changing Art of Self-Brain Surgery, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

A neurosurgeon's case, framed through neuroscience and faith, that our thoughts shape the brain, paired with HourLife's three-step exercise (biopsy, excision, replacement) for working on your own thoughts.

Below are the 8 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1 HOURLIFE TAKEAWAY

Warren argues that thoughts can restructure the brain, sometimes faster than medication or surgery. If so, you are already operating — the only question is whether you are doing it on purpose.

The idea behind the book's title, as Warren presents it. It is his claim and a contested one, but the practical point stands: what you rehearse in your head is not neutral.

2 HOURLIFE TAKEAWAY

Every intrusive thought gets one of two responses: you believe it, or you biopsy it.

The whole exercise compressed. Belief is the default, and defaults are what run your life when you are tired.

3 HOURLIFE TAKEAWAY

Say "interesting — let me investigate that." Five words that move you from patient to surgeon.

A script in HourLife's wording, not a quotation from the book. It works because curiosity and panic cannot occupy the same second.

4 HOURLIFE TAKEAWAY

A thought is not a diagnosis. It is a specimen.

The reframe that makes the rest survivable — you can examine something without being it.

5 HOURLIFE TAKEAWAY

Excision without replacement leaves a cavity, and cavities fill with whatever was already in the room.

Why the third step is not optional. HourLife's objection to advice that stops at 'stop thinking that'.

6 HOURLIFE TAKEAWAY

The old pathway does not get argued away. It gets outvoted, one repetition at a time.

Habit change as attrition rather than revelation — HourLife's framing of the idea.

7 HOURLIFE TAKEAWAY

Trauma is what happened. The story you rehearse about what it means is what keeps operating on you.

Separating the event from the story told about it is what keeps this from sounding glib.

8 HOURLIFE TAKEAWAY

You are not going to feel your way into better thinking. You are going to think your way into better feeling.

The direction of travel this exercise assumes, against the usual order.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Write down the thought you have had the most this month
- [ ] Learn the five-word script
- [ ] Run one full biopsy on paper
- [ ] Prepare the replacement before you need it
- [ ] Identify your three reliable triggers

KEEP UP DAILY

- [ ] Do one biopsy a day, on the first thought that stings
- [ ] Give the thought a name and a time
- [ ] Read or say your replacement sentence twice a day

30 days · Nov 11 - Dec 10, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 11 - Dec 10, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

- [ ] SETUP 1

Write down the thought you have had the most this month

Word for word, in the voice it actually arrives in.

Not a summary and not a cleaned-up version. You cannot operate on something you have only ever felt.

MY VERSION

DONE ON

- [ ] SETUP 2

Learn the five-word script

"Interesting.

Let me investigate that." Say it out loud once now so it is available later. The point of rehearsing it calm is that it is retrievable at 2am.

MY VERSION

DONE ON

- [ ] SETUP 3

Run one full biopsy on paper

Three questions: is it true, is it the whole truth, and who benefits from me believing it?

Write the answers out. Most recurring thoughts fail question two, which is where they were designed to hide.

MY VERSION

DONE ON

- [ ] SETUP 4

Prepare the replacement before you need it

For each thought you excise, write the true sentence that goes in the cavity.

It has to be something you actually believe — a slogan you do not buy will not hold.

MY VERSION

DONE ON

- [ ] SETUP 5

Identify your three reliable triggers

Time of day, place, person, or state.

The point is procedural: surgeons prepare for the bleed they expect. Knowing when the thought arrives is half of catching it.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Do one biopsy a day, on the first thought that stings

Not the worst one — the first one.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Give the thought a name and a time

When it arrives outside your slot, note it in one line and move on.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Read or say your replacement sentence twice a day

Morning and night, out loud.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

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December 2026

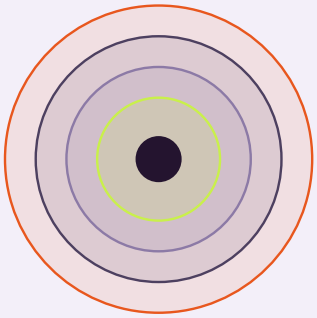
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



You cannot always choose the thought that arrives. You can always choose whether it gets to stay.

HOURLIFE DISTILLATION