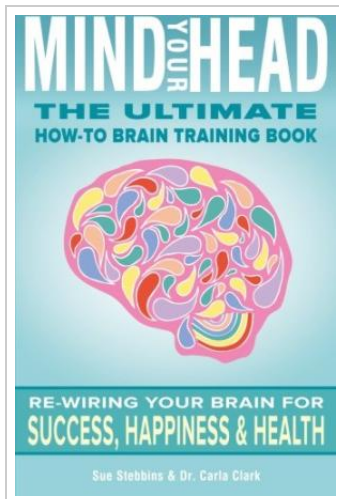




Mind Your Head: The Ultimate How-To Brain Training Book (Paperback)

By Sue Stebbins

Successwaves LLC, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Ultimate Manual on How to Use Self Directed Brain Change for Self-Improvement and Personal Development What You Are About To Discover Is Unlike Any Other Self-Improvement or Personal Development Book You ve Ever Read Facebook: [mindyourheadthebook](#) Twitter: Mind Your Head is not your average self-help book; it provides you with the ultimate science based system to instantly start transforming your life. The book reveals how to hijack the groundbreaking principles of neuroplasticity and scientifically certified brain training techniques to physically re-wire the networks in your brain that make up all of your thinking, feeling and doing. The Benefit you now have access to the fastest, most effective, scientifically proven ways to re-wire your brain for happiness, health, wealth, success and healthy relationships. This illustrated how-to book takes you through over 40 step-by-step techniques developed from the latest cutting edge discoveries in neuroscience and psychology for re-wiring your brain, to target self-directed brain change for maximizing self-improvement and enhancing all areas of your life: (1) End Negative Thinking and Overload With meditation made simple, protect your brain from stress, depression, over-worrying and anxiety and...



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