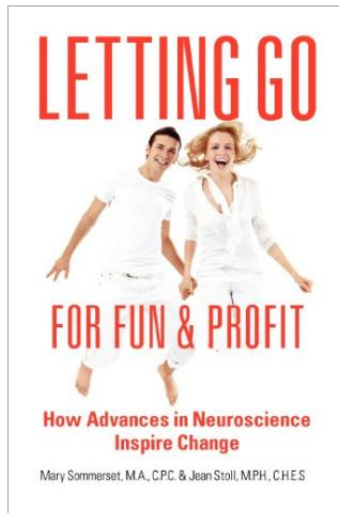




Letting Go for Fun Profit: How Advances in Neuroscience Inspire Change (Paperback)

By Mary Sommerset MA CPC, Jean Stoll MPH CHES

Outskirts Press, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Letting go is not usually associated with fun, or profit for that matter. Yet, this little book provides tools for letting go of resistance by embracing the discoveries in brain science. No longer stuck in academic journals or science books, the eye-opening research in Neuroplasticity is rocking our world. This book is for women and men facing obstacles to their success. It s a non-threatening way to dive into neuroscience to see how brain imaging has given us new pictures of how we operate, and the very good news of how much easier it is, than we previously thought, to change the circuitry in our brains for a better life AT ANY AGE! In fact, there is scientific proof showing how attitude change CAN be effective and permanently hard-wired into your brain. How does that work? Many neuroscientists agree that 2-3 months of training the brain through consistent affirmations, visualizations, and thoughts, can result in behavior change. This little book contains such activities to train the brain that are fun and fulfilling. You can pick the book up anytime you are feeling...



READ ONLINE
[3.74 MB]

Reviews

Very beneficial to all of type of individuals. This can be for those who statte that there had not been a really worth reading. You will not really feel monotony at at any time of your respective time (that's what catalogs are for concerning should you ask me).

-- **Michale Shields**

This publication might be well worth a read through, and much better than other. It is amongst the most incredible book i actually have read through. I am delighted to tell you that here is the finest book i actually have read through inside my own life and could be he best ebook for possibly.

-- **Aracely Hickie**