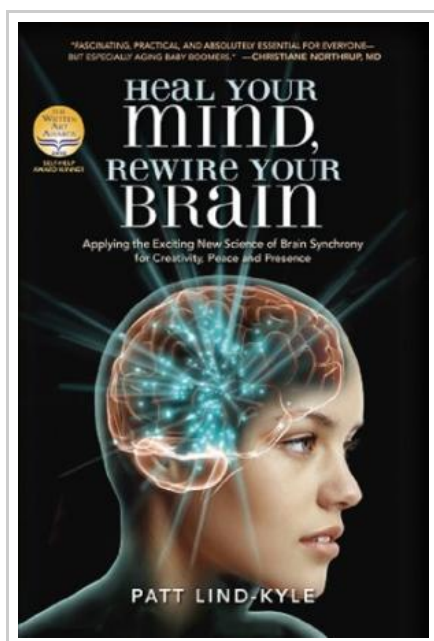



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Heal Your Mind, Rewire Your Brain: Applying the Exciting New Science of Brain Synchrony for Creativity, Peace and Presence (Paperback)

By Patt Lind-Kyle

Energy Psychology Press, United States, 2010. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. [b]Yes, you can teach your old brain new tricks! [/b]Breakthroughs in the scientific understanding of how the brain works have shown us that our brains are constantly rewiring themselves in response to events in our lives. This handbook applies this new science in practical ways, by giving us a training program to re-pattern our behavior and thereby change the ways our brain is wired. It interrupts our suffering, sharpens our mental abilities and corrects our cognitive imbalances. As we learn these mental skills, the neural patterns of our brains begin to change and we literally reprogram the neural networks through which information and energy flows. If you've heard about neuroplasticity, epigenetics, psychoneuroimmunology and other scientific advances, but didn't know how you could apply these breakthroughs to improve your life, you will find [i]Heal Your Mind, Rewire Your Brain[/i] a treasure trove of resources. It provides a clear, step-by-step program that shows you how to correct the imbalances of the stressed-out brain, and install a peaceful state of mind.



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