

BREAKING THE HABIT OF BEING YOURSELF BOOK



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These guided meditations are a part of Dr. Joe's four-week program discussed in the book, Breaking the Habit of Being Yourself. The meditations are designed to move you from the analytical Beta brain-wave state to the state of Alpha, and develop your ability to sustain coherent brain-wave patterns.

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Book Review Breaking the habit of being yourself

Breaking The Habit of Being Yourself Dr Joe Dispenza D.C. I was intrigued by the title of this book, being someone who knows all too well the mistakes they make yet still makes them habitually and I wanted to read what Dr Joe had to say about changing it all for the better.

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Breaking The Habit Of Being Yourself Book Summary Dr

Big Idea #5: Breaking The Habit Of Being Yourself Through Meditation Dispenza explains that one of the main purposes of meditation is to go beyond the conscious mind and enter the subconscious mind, in order to change self-destructive habits, behaviors, belief, emotional reactions, attitudes, and unconscious states of being.

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Breaking The Habit of Being Yourself Book Review

Breaking the Habit of Being Yourself is definitely a powerful book when it comes to building new habits and a new life. Here is the book description extracted from Amazon:

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