



Brain Fitness: Breakthrough Training for Those Who Mind

By Ann Polya

Paperback. Condition: New. 154 pages. We keep our bodies fit so why not our minds! We now know that our Brains are not hardwired but can grow and change throughout our lives. They can do so negatively or positively. Major ways to bring about positive change is by mastery over our feelings and thoughts and the book indicates the major ways to do so, that include: - Emotional Intelligence, mastery of thoughts, using our strengths and relaxation techniques, plus self care such as good nutrition. This Book is easy-to-follow and demonstrates clearly that we can make positive change happen. Indeed with resultant sharp minds we can improve our ability to remember and recall, communicate, focus better and improve our ease to make decisions and even reduce the impact of aging. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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