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Brain Makeover: A Weekly Guide to a Happier, Healthier More Abundant Life!

By Phyllis Ginsberg

Finesse, United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Simple and Powerful! That's what John Gray, #1 New York Times best seller of Men are from Mars, Women are from Venus calls Brain Makeover. A happier, healthier and more abundant life is within reach! Are you struggling to make positive lasting changes that would improve the quality of your life? Have you tried over and over to do one or more of the following? - improve your health - eat better - lose weight - exercise - reduce stress - improve your finances - save money - spend less - make more money - start a new business - improve a relationship - carve out time for yourself .only to find yourself right back where you started from or worse? If you're having a difficult time trying to make lasting positive changes in your life, you're not alone. Through fun activities and thought provoking wisdom, you will naturally experience how the power of your mind influences your life. Brain Makeover is based on Positive Psychology and brain research for the most up to...



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-- **Prof. Dan Windler MD**