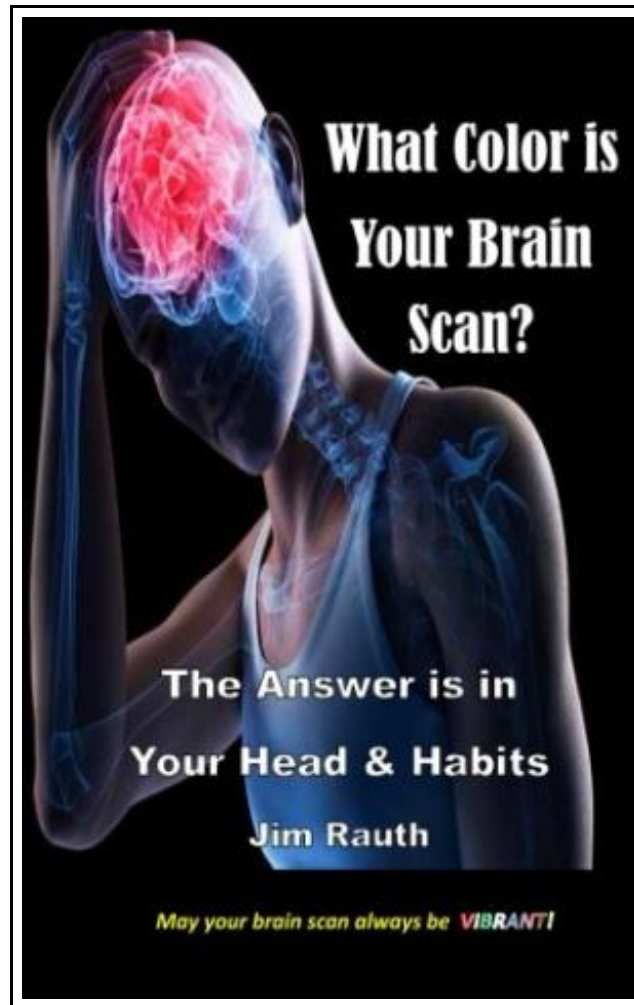


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WHAT COLOR IS YOUR BRAIN SCAN?: THE ANSWERS ARE IN YOUR HEAD AND HABITS



Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. This book is dedicated to my four friends who died of addiction before age 28, author Jim Rauth. Are you an egg or a wheel? Rauth s book asks readers in a unique quiz designed to recognize eight specific attributes of one s life in order to observe what areas are their strengths and in what areas a person may lack. The quiz divides a circle (or a wellness wheel) into eight dimensions and suggests that when properly balanced the wheel could roll easily throughout one s life like a steam train. When one or more of these eight dimensions are unequal with the other, due to an imbalance with a particular aspect of a person s life, this shape turns into an oblong or egg-like shape; which does not help with the forward momentum many of us could benefit from. Personal empowerment can mean a lot of things to each person, but recognizing one s strengths and strengthening one s weaknesses entails a level of personal insight that is nothing less than powerful. - MATC TIMES -reporter Eric Anthony Crew. Ever start that awesome diet, workout, or savings plan? Have you entered that exciting relationship, or swore off a bad habit, only to find yourself a month later wondering Oops, what happened? We have all been there before, haven t we? What Color is Your Brain Scan? first explores brain scan technology. Today, we can tell if you have an addiction by placing you in a MRI machine. But after brain scan technology determines you have an addiction, (like food, sex, alcohol relationships, etc.), what is your next step? This book/workbook/program will help keep you moving...



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