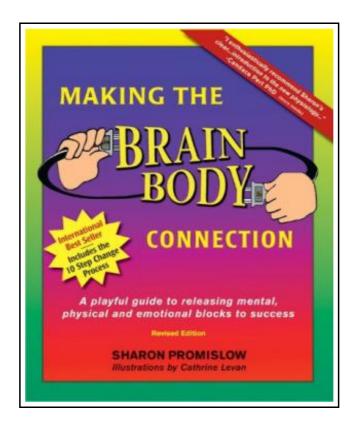
Making the Brain Body Connection: A Playful Guide to Releasing Mental, Physical Emotinal Blocks to Success



Filesize: 3.81 MB

Reviews

I just started off reading this article ebook. It is actually writter in basic words and not confusing. I am just very happy to let you know that this is the best ebook i actually have read through inside my individual daily life and can be he finest ebook for possibly.

(Dayne Johns)

MAKING THE BRAIN BODY CONNECTION: A PLAYFUL GUIDE TO RELEASING MENTAL, PHYSICAL EMOTINAL BLOCKS TO SUCCESS



Access Publishers Network, United States, 2000. Paperback. Book Condition: New. Revised. 241 x 201 mm. Language: English . Brand New Book. A newly revised edition of the International Best-Seller, Making the Brain/Body Connection hit the book stores in June. This book has people raving about its user friendly approach and its solid research based information. Explore and experience how your brain, body and senses interrelate. Sharon Promislow s approach makes the brain research almost fun. Learn about your body s defence mechanism for stress and how you can adapt them to defuse stress instead of allowing it to accumulate into a full blown stress attack. In her lively and entertaining book, Sharon blends cutting edge stress and brain research with practical exercises and techniques that have you moving beyond your current limitations and into a life you only imagined you could have. Her Quick Six stress buster techniques can be used on the street, in the board room, wherever you are when stress hits. Follow along with this step-by-step guide as she leads you through a model for change that unlocks hidden stress circuits. Clear away mental, emotional and physical blocks to success with simple movements from the 10 Step Change Process, that make change fun. Illustrated with humorus new cartoon characters by Cathrine Levan.

- Read Making the Brain Body Connection: A Playful Guide to Releasing Mental, Physical Emotinal Blocks to Success Online
- Download PDF Making the Brain Body Connection: A Playful Guide to Releasing Mental, Physical Emotinal Blocks to Success

You May Also Like



Millionaire Mumpreneurs: How Successful Mums Made a Million Online and How You Can Do it Too!

Harriman House Publishing. Paperback. Book Condition: new. BRAND NEW, Millionaire Mumpreneurs: How Successful Mums Made a Million Online and How You Can Do it Too!, Mel McGee, Inspiring stories from some of the world's most...

Read Document »



The Voyagers Series - Europe: A New Multi-Media Adventure Book 1

Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching...

Read Document »



Comic Illustration Book for Kids: Short Moral Stories for Kids with Dog Farts

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This is the Black White Color Version! BONUS - Includes FREE Dog Farts...

Read Document »



Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel's System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****. This historic book may have numerous typos and missing text. Purchasers can download...

Read Document »



A Frosty Christmas: Christmas Stories, Funny Jokes, and Christmas Coloring

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand ******.Christmas Stories, Christmas Coloring Book, Jokes, Games, and More!Christmas is...

Read Document »