



Change Your Brain, Change Your Life (Before 25): Change Your Developing Mind for Real-World Success

By Dr Jesse Payne

BRILLIANCE AUDIO, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 140 x 127 mm. Language: English . Brand New. Change Your Brain, Change Your Life (Before 25) is based on Dr. Jesse Payne s and Daniel Amen s work together with young people and parents and educators who work with young people. It is an owner s manual specifically written for the developing brain, packed with interesting information, relatable stories and easy-to-follow brain prescriptions and enhancement strategies. Its step-by-step instructions are tailored to optimize brain power while minimizing brain interference. The goal is to show listeners how to unlock the miraculous potential of the developing brain and rewire the young mind for a lifetime of real world success. In the vein of 7 Habits of Highly Effective Teens and How Children Achieve, Change Your Brain, Change Your Life (Before 25) will empower young listeners and the parents, educators, coaches and professionals who work with young people. A young brain is more than an adult brain with a few less miles on it. Its unique structure and chemical composition is constantly changing, growing and reshaping itself until around the age of 25. It s a brain especially primed to reach its full...



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Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication i actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. Its been written in an exceptionally simple way in fact it is just right after i finished reading this ebook where actually transformed me, alter the way i really believe.

-- Dr. Celestino Spinka III