



Heal Your Mind, Rewire Your Brain: Applying the Exciting New Science of Brain Synchrony for Creativity, Peace and Presence

By Patt Lind-Kyle

Energy Psychology Press. Hardback. Book Condition: new. BRAND NEW, Heal Your Mind, Rewire Your Brain: Applying the Exciting New Science of Brain Synchrony for Creativity, Peace and Presence, Patt Lind-Kyle, Breakthroughs in the scientific understanding of how the brain works have shown us that our brains are constantly rewiring themselves in response to events in our lives. This handbook applies this new science in practical ways, by giving us a training program to re-pattern our behaviour and thereby change the ways our brain is wired. It interrupts our suffering, sharpens our mental abilities and corrects our cognitive imbalances. As we learn these mental skills, the neural patterns of our brains begin to change and we literally reprogram the neural networks through which information and energy flows. If you have heard about neuroplasticity, epigenetics, psychoneuroimmunology and other scientific advances, but didn't know how you could apply these breakthroughs to improve your life, you will find "Heal Your Mind, Rewire Your Brain" a treasure trove of resources. It provides a clear, step-by-step program that shows you how to correct the imbalances of the stressed-out brain, and install a peaceful state of mind.



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Reviews

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- **Romaine Rippin**

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lyda Davis II**