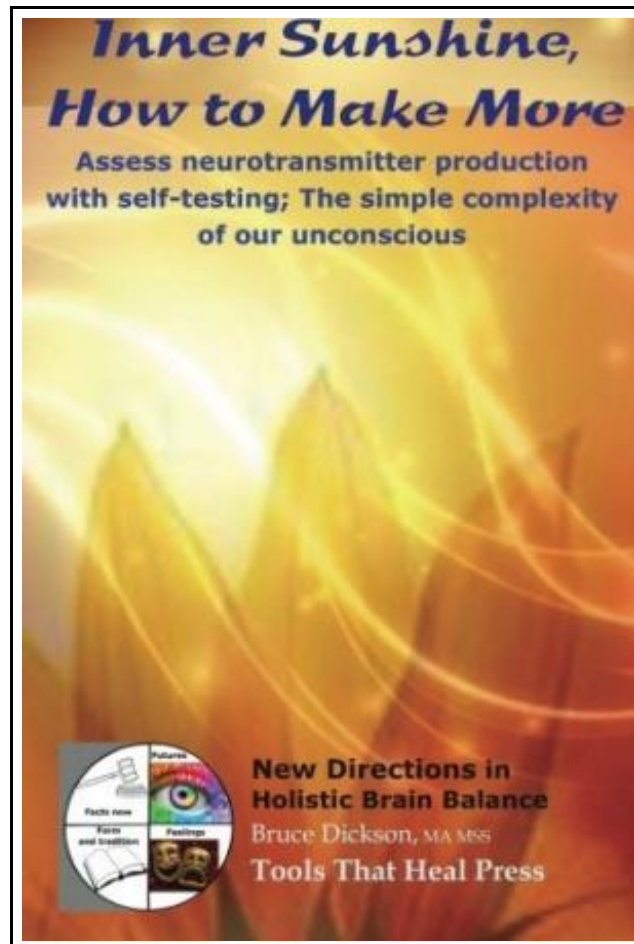


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(Dr. Porter Mitchell)

INNER SUNSHINE, HOW TO MAKE MORE: ASSESS NEUROTRANSMITTER PRODUCTION WITH SELF-TESTING; THE SIMPLE COMPLEXITY OF OUR UNCONSCIOUS



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Fifth volume in the New Directions in Holistic Brain Balance series. Who else wants to feel more loved on the inside? Inner Sunshine is a metaphor for this. Inner Sunshine is our capacity to feel bouncy and "light"; such that, the "slings and arrows of outrageous fortune" roll off us like "water off a duck's back." Neuro-transmitters (NTs) are the neuro-chemistry of Inner Sunshine. I'm on a Hero's Journey to more Inner Sunshine. Want to come along? This is written for self-testers, holistic practitioners who muscle test and anyone willing to learn Muscle Testing 2.0 with "God as your Partner. A "seesaw" exists in our UNconscious. On either end, "misery" and "sunshine" go up and down; or, if you prefer tug-of-war, back and forth. As one gains strength, the other must get weaker and vice versa. Misery blocks us from making Inner Sunshine. The game of Inner Sunshine is simple: Release inner misery--increase Inner Sunshine. Inner Sunshine is two things (1) High quality protein and clear metabolic pathways to assimilate it, (2) Willingness in our UNconscious to make more NTs while we sleep. Our UNconscious is plenty smart enough to block production of NTs if it feels either unsafe to make them; or, does not trust the purposes Conscious Self will put more Sunshine to. We make the majority (80 %) of our neurotransmitters only while sleeping. This means 50 or more of how we make neurotransmitters (NTs) is unconscious, in the topic of "willingness" and "willingness to heal." This is the first book written on NTs from this perspective. We all want to wake up more Inner Sunshine, spin the straw...



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