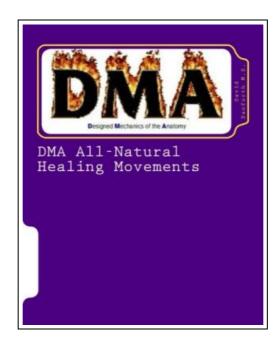
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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 172 pages. Dimensions: 10.0in. x 8.0in. x 0.4in.This Book does what know other book has ever done before. It shows you how; in simple easy to do steps, how to return your body and mind to the All-Natural state, it was born in. One that todays world, has taken us, out of New information has dramatically changed how we view the brain. With new sciences such as NeuroScience and NeuroGenesis we have discovered that the brain has the capacity to create an almost infinite number of new neural connections everyday, just by running new thought patterns and new physical movements (DMA). What we have learned in just the last 20 years about ourselves has surpassed all that we have ever learned, since our beginning. Today, like no other time, we now have the ability to understand the inner workings of one of the most complex creations in the universe, The Human Brain. With new imaging devices we can now see inside it, and observe its inner workings. Though! This doesnt mean we understand it. But! By being able to observe its inner workings, we can now see what triggers its various functions. This allows us some control. And! With DMA we now have the ability to pin point and control the activities of some neurons firings in our brain, and maybe even change their original programming and paths, to benefit from it. Psychologists have estimated, that it takes 21 to 30 days to establish a new pattern in your brain. During this time; the focus, of sticking with your practices, and repeating your new thought patterns, is critical. This isnt always easy. In fact, controlling your thinking and keeping it constructive during this time, may be one...

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