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## Monkeybrain: Create Emotional Balance, Physical Health, and Spiritual Awareness: Brain - Body - Spirit, the Practical Approach

By Johnny Oye

Balboa Press, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.MonkeyBrain evolved from many years of working with hundreds of clients in the wellness industry as a lifestyle fitness coach, helping others improve their health and physiques. Over time I began to see that emotional well-being also had a direct affect on our physical health. For many years I recognized undeniable emotional patterns among many of my clients. Upon reflection, I also noticed these patterns in myself. One pattern that became apparent, time and again, was that most of us tend to spiral into negative thinking when we are stressed. I could see that we all react to imbalances and stress in much the same way. It almost seemed that we had an addiction to stress and we were always looking for the worst case scenario, thinking of the problem instead of the solution. I wanted to know why we do this and more importantly, how we can change these faulty patterns. My questions were: Why do we tend to relive memories of stress, fear and drama more often than those of love and joy? Why does it..



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