Brain Makeover: A Weekly Guide to a Happier, Healthier More Abundant Life! (Paperback)



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Reviews

It in a single of my personal favorite ebook. I am quite late in start reading this one, but better then never. Your life span will likely be enhance once you total reading this article publication. (Russ Mueller)

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Finesse, United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Simple and Powerful! That s what John Gray, #1 New York Times best seller of Men are from Mars, Women are from Venus calls Brain Makeover. A happier, healthier and more abundant life is within reach! Are you struggling to make positive lasting changes that would improve the quality of your life? Have you tried over and over to do one or more of the following? - improve your health - eat better - lose weight - exercise - reduce stress - improve your finances - save money - spend less - make more money - start a new business - improve a relationship - carve out time for yourself .only to find yourself right back where you started from or worse? If you re having a difficult time trying to make lasting positive changes in your life, you re not alone. Through fun activities and thought provoking wisdom, you will naturally experience how the power of your mind influences your life. Brain Makeover is based on Positive Psychology and brain research for the most up to date personal development tools to experience a better understanding of how your, thoughts affect your health and happiness. Practical and easy to follow messages will inspire you to take the steps necessary to have the life you deeply desire. Each week you will be guided to think about or do something that will have you on your way to building new neural pathways and lasting changes for a happier, healthier and more abundant life!.

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