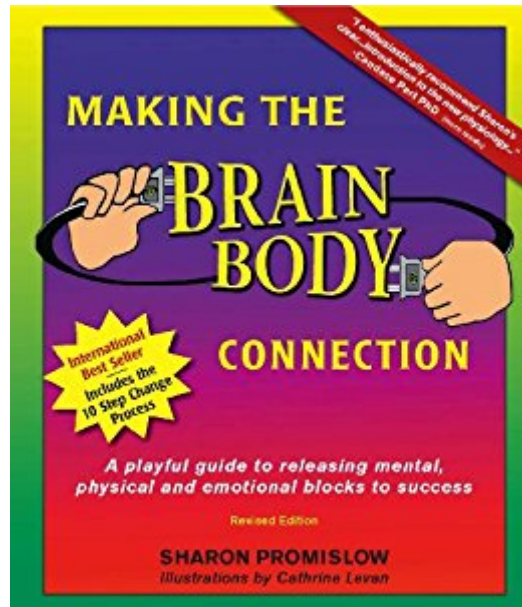




The book was found

Making The Brain/Body Connection



Synopsis

Making the Brain Body Connection is one of the top 100 best selling books in Cognitive Psychology, and has been embraced by the mass market and professionals alike for its playful, yet effective, approach to changing behavior, enhancing performance & increasing learning potential. Based on the latest neuroscience this international best seller provides a comprehensive array of techniques, pulled from eastern and western health practices, to help you feel better, be more effective and deal with life changes easily & effectively. The book culminates with the 10 Step Change Process, providing a strong framework for working through any personal issue effectively. Making the Brain/Body Connection gives readers a clear understanding of the elements necessary to achieve permanent change in how they feel and perform, and a template that can be used to deal with all aspects of their life. A practical and completely refreshing way to approach the mind-body connection, this book is designed and cartoon illustrated for brain friendly reading and quick reference.

Book Information

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Customer Reviews

I haven't even finished reading the book yet, but I would whole-heartedly recommend it to anyone who is looking to create a greater sense of clarity and well-being in his or her life. I've been doing the "Quick Six" and have noticed an unmistakable increase in my enjoyment of life. I'm working on a dissertation and these exercises have helped me be able to better focus, concentrate, and stay on task--a true God-send since I lean toward ADD and my mind tends to jump all over the place. I've even taught the Quick Six to my Educational Psychology students to help them get through finals. Doing the exercises makes me feel kind of silly, but hey--they work!!

A very good introduction to the mind/body connection with simple exercises. I thought it would delve deeper in the psychological components of chronic pain, but it seems more about managing stress.

Not exactly what I was expecting. Most of the info could easily be found using Google.

I'm not finished with the book yet, but what I have read is easy to read and follow. I have started some of it with my students and plan on starting the next school year off with it!! Can't wait!

The book is very practical, there are some great great great exercises that are life changing.

an integrative and fun companion, a support for growth. even a few pages offers a rich and playful experience. a very interactive book, full of friendly drawings.

thank you

Was a gift and person said they liked it.

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