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Brain Power Catherine de Lange,2022-01-06 Brain Power will explain the science behind what really affects our brains

as well as providing practical tips and exercises to improve and maintain brain function into old age

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Whole Body Intelligence Steve Sisgold, 2015-08-18 Most self improvement programs train people to identify and solve problems by grappling with them endlessly often to no avail Executive coach Steve Sisgold however knows that the body not the mind is the most reliable and effective pathway to realizing your innermost desires and achieving success His unique body centric approach will show you how to get out of your head and take charge of every area of your life with increased awareness clarity and confidence *Whole Body Intelligence* teaches you how to become aware of subtle body sensations such as gripping the phone or clenching your jaw during a tense conversation and how to interpret their meanings linking them to negative thoughts and behaviors that are impeding your success and happiness You will recognize the patterns and imprints that have shaped your experiences and decisions for your entire life and learn how to change these thoughts and behaviors before they become self sabotaging No more overthinking Decisions will become easier to make and you will stay engaged resilient and relaxed in any situation With an easy to follow 30 day plan body centric stress management tools and inspiring stories of people who have changed their lives using this system *Whole Body Intelligence* empowers you to channel the power of your body to achieve your wildest dreams

Super Brain Power Jean Stine, 2000 Through proven simple to master exercises readers will learn how to optimize their six innate intelligences to achieve every goal Backed by personal testimonials and telling anecdotes these brain friendly techniques promise amazing immediate benefits

Brain Training: Your Memory and Increase Brain Power (Limitless Brain Training Strategies for Concentration) Patrick Hughes, This book contains proven steps and strategies on how to improve your memory and brain function through exercise and healthy living It provides information about the ideal exercises for the brain and how you can perform them By reading this book you will have an idea on how your lifestyle greatly affects your brain and how your brain is interrelated with the other areas of your body This book will help you learn why physical activity and exercise can boost the condition of your brain It is important to take note that being sedentary can have a negative impact on your mental health Also this book provides guidelines on what you need to eat in order to keep your brain healthy

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