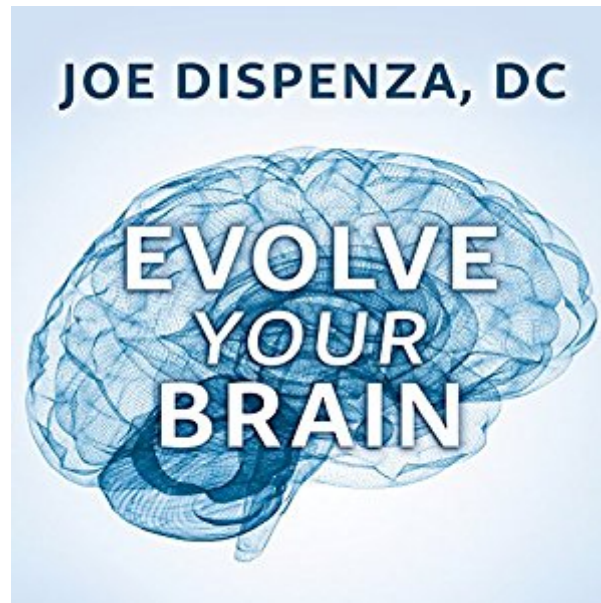




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Evolve Your Brain: The Science Of Changing Your Mind



Synopsis

Joe Dispenza, DC, has spent decades studying the human mind - how it works, how it stores information, and why it perpetuates the same behavioral patterns over and over. In the acclaimed film *What the Bleep Do We Know!?*, he began to explain how the brain evolves - by learning new skills, developing the ability to concentrate in the midst of chaos, and even healing the body and the psyche. *Evolve Your Brain* presents this information in depth, while helping you take control of your mind, explaining how thoughts can create chemical reactions that keep you addicted to patterns and feelings - including ones that make you unhappy. And when you know how these bad habits are created, it's possible to not only break these patterns, but also reprogram and evolve your brain, so that new, positive, and beneficial habits can take over.

Book Information

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Customer Reviews

I literally love everything that Dr. Joe Dispenza writes. I read all of his work. This is just another book that just reiterates all the wonderful knowledge that he's putting out there to help so many people. I highly recommend this book and I highly recommend people studying his findings. This info is not just mumbo-jumbo. It is actually scientifically backed up and could help change peoples lives. Great seller. Quick delivery.

Dr Dispenza explains In a very simplistic way how is that our wonderful brain operates and he teaches us how to manipulate it to live a fruitful life. I really reccommend this book to my loved ones.

A mind-changing book that can most probably change lives, if one is willing to put in the time and effort. Opened my eyes to the real power of the human brain. In fact, I ordered Dr. Dispenza's next two books so I can continue to follow the path to understanding how I am powerful enough to change what I want to change for better results.

anything Joe writes about is good.

My husband enjoyed the book.

read it

Awesome book, it's technical but not too technical. This is a great extensive book about the brain.

Very enlightening and practical advice in this book and backed by science. His life experiences is also an inspiration to me as well as his work.

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