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SUPER BRAIN

UNLEASHING THE EXPLOSIVE POWER
OF YOUR MIND TO MAXIMIZE HEALTH,
HAPPINESS, AND SPIRITUAL WELL-BEING

"The captivating story of our brain is brought alive by two world experts with different expertise in this elegant review that will keep your brain young."

—MURRAY CO, M.D., NEUROLOGIST AND VICE CHAIRMAN OF
MEDICINE, NEW YORK PRESBYTERIAN HOSPITAL/COLUMBIA

Rudolph E. Tanzi Ph.D. and

Super Brain: Unleashing the Explosive Power of Your Mind to Maximize Health, Happiness, and Spiritual Well-Being



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A manual for associated with the mind in a revolutionary brand-new way, Your brain is with the capacity of incredible healing and constant reshaping.s increased self-awareness and conscious intention, the brain can be taught to attain far beyond its present limitations. Two pioneers, bestselling writer and physician Deepak Chopra and Harvard Medical School professor Rudolph E. The mind is not simply the greatest gift that Nature has given us.explains how it can be, by merging cutting-edge research and spiritual insights, demolishing the five the majority of widespread myths regarding the mind that limit your potential, and then showing you solutions to:-Use your mind instead of letting it use you-Create the ideal lifestyle for a wholesome brain-Reduce the risks of aging-Promote pleasure and well-being through the mind-body connection-Access the enlightened human brain, the gateway to independence and bliss-Overcome the most typical challenges, such as memory loss, depression, anxiety, and weight problems Super Human brain, Chopra and Tanzi guide you on a fascinating trip that envisions a leap in human being evolution. and its own untapped potential. As opposed to the " that fulfills the tasks of everyday life, Chopra and Tanzi suggest that, through a person'baseline brain"shows you how to use the human brain seeing that a gateway for achieving health, happiness, and spiritual growth. "We you live in a golden age for brain analysis, but is this a golden age group for your they ask."mind? Super Brain s, possess merged their wisdom and expertise for a bold new understanding of the "Super Human brain Through a fresh relationship with your brain you can transform your daily life. In three-pound universe" Tanzi, among the world's foremost experts on the sources of Alzheimer' It's the gateway to an unlimited potential that you can begin to live today.



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