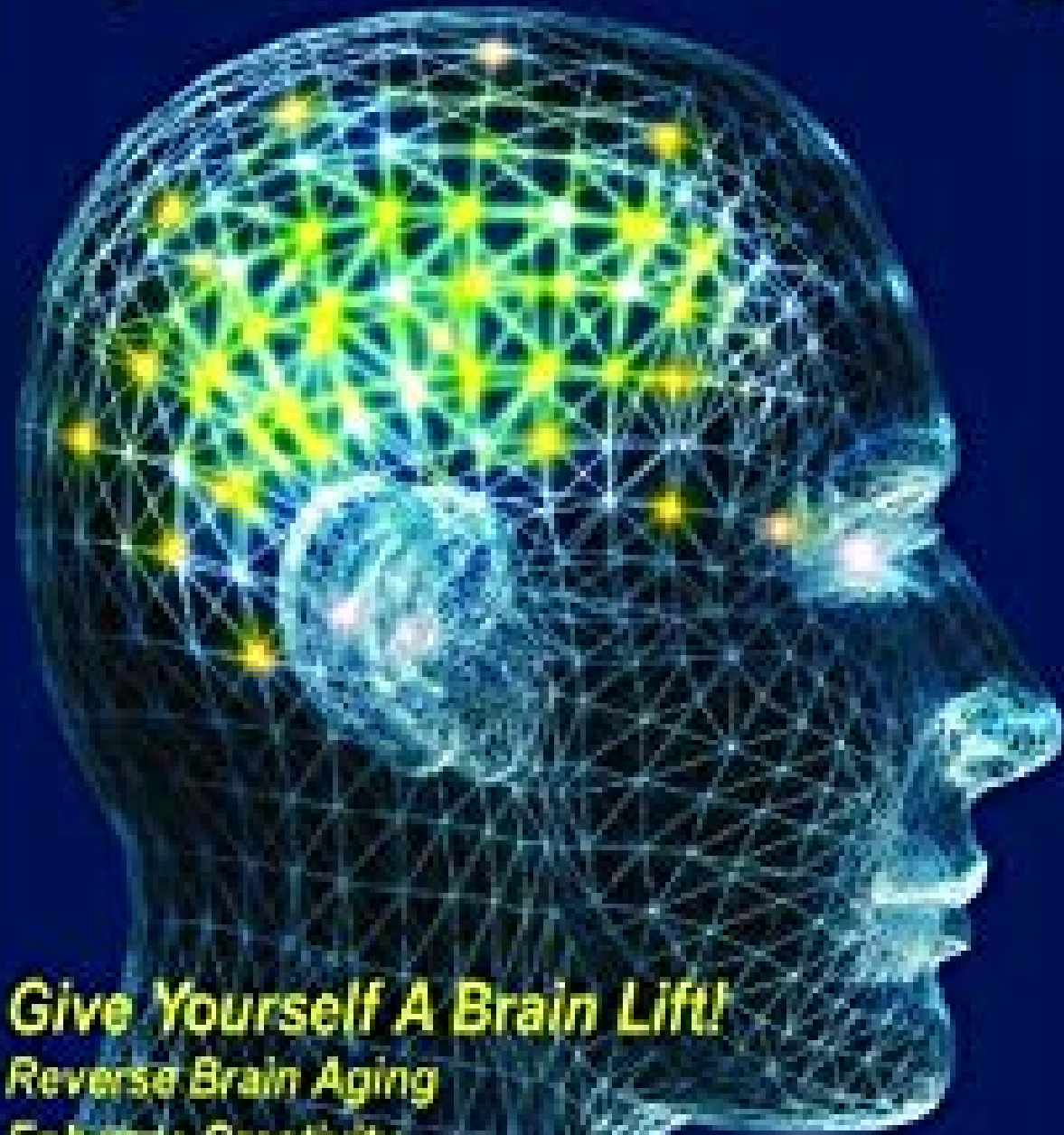


The Art of Smart Thinking



Give Yourself A Brain Lift!

Reverse Brain Aging

Enhance Creativity

Increase IQ

James Hardt, Ph.D.

*Foreword by Bill Harris
CEO, Centerpointe Research Institute*

James Hardt

The Art of Smart Thinking



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Dr. ... -James Arthur Ray, Speaker, Author, Harmonic Wealth If you're at all seriously interested in your emotional and spiritual growth, this is likely to absolutely blow your mind. Every encounter you have is the result of certain brain waves... -Excerpt from poem compiled by Rev. Dr. Michael Beckwith Influenced by Alpha Training at Biocybernaut Institute Reprinted with permission. From the Introduction: How do you want to access all your mind's innate capability to understand, invent, create and solve complications? We've all heard that we use only a tiny percentage of our brain's natural capacity. Would it not improve your life if you could think even more clearly, gain access to your intuition, reduce anxiety and stress, and prevent the human brain from aging? Regrettably, most of us are just accessing two of our four mind waves, and the two left out, Alpha and Theta, are actually the most important for exceptional imagination and intelligence! -Expenses Harris, Founder, Centerpointe & Hologynch(tm) technology There's a leap in me And I have to release To fall freely into the hands Of lifestyle - To touch the core Of my getting- to maintain the flow. If you have ever wondered why, The Art of Smart Thinking will provide some answers and solutions. Hardt's Alpha Training offers given me more awareness and ability to increase these benefits for my clients and in my life as well . You can learn to produce both of these types of brain waves on command, that will permit you to: Restore your youthful mind wave patterns Improve your imagination, empathy and problem-solving capability Improve your individual relationships Lessen your feelings of stress, anxiety, anger and despair Enhance your special skills and abilities Achieve physical and mental peak performance states The Zone Improve your mental clearness and memory



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Misnamed Book You'd think from the title and description that you might learn something about mental training ways to improve your intelligence. But you'd be wrong. The publication is little more than an advertisement for the author's institute. His institute very well may enhance one's intelligence, but this book just discusses case histories and the development of the institute. Extremely disappointed I paid \$25 for a paid advertisement in the name of a book. Everything prospects to the actual fact that if you want the benefits that the author talks about, you need to attend his institute. Some interesting points to consider here. When I first settled directly into read this publication, I thought I would encounter the mechanics/theory of human brain waves and how these waves relate with our daily moods and working. This book does actually cover the basics of neurofeedback, however the publication had a surprise for me. So, in case you are really into human evolution and your own private spiritual growth/evolution, give this book a read! Of program, this does make sense if one deeply considers this. As the book is an extremely good launch to Dr. The Yogis and Hindus Dr Hardt offers studied as types of those proficient in placing themselves into alpha claims learned through meditation therefore can you . Hardt really blew my brain when I heard him on the air. After completing the course I have observed greater rest and contentment. Good history of working out with a few interesting stories of individuals that took it but mainly razzle dazzle. I was intersted to understand just how much of our capability to sustain a higher alpha brain wave state was predicated on deep "forgiveness" work. Not recommended This book will be an excellent read for someone that's thinking of taking the Biocybernaut Training. It reads like a long advertisement for the training which costs only \$15,000 per module! Hardt's neurofeedback schooling someday, however, I'll need a way to obtain independent wealth initial! It do make me wish I had a spare 15K laying around so I could be happier, more peaceful and on the road to Zen enlightenment. Cheaper alternative If you do not have the \$15,000 to obtain the training, go through "Peek Performance: Mental Training Techniques of the World's Greatest Athletes" by Charles A. It really does teach you how to get into the Zone. Hardt's system., 1985. It includes a biofeedback technique that will teach you how to increase you Alpha waves! Uncommon in it's capability to bridge these subjects with almost any rigor or authority. It also describes the theory and research behind the procedure. It can't duplicate the training you get for \$15,000 nonetheless it is a start. For me, I will raise the \$15,000 in any manner I can because I understand it is worthwhile because of the personal experience I have with the Peek Functionality book. The biofeedback technique takes about three months to master - really worth it. One big Booo for this pseudo dr. Garfield, Ph. A View of The Artwork of Smart Thinking from one who did not browse the publication until after completing working out This overview of Dr James Hardt's book "The Art of Smart Thinking" is based from the following perspective. Dr. Hopefully, afterwards additions will correct some of the obvious publication flaws. There are many different teachers and books and CDs for that purpose obtainable. The book describes the process through which the participants are taken up to achieve the outcomes that Dr Hardt promises. one big ad I purchased this publication after reading the strong suggestions of another self-help guru. Well I stuck with it for 100 web pages, but I'm not likely to waste any more time on it. It really is basically a 300 plus page ad for the author's expensive alpha brain wave retreats. Ok, we get some interesting info on the way the business started, and some useful assistance, like get plenty of sleep and lessen caffeine and alcohol. meah. But I get the impression that the reviewers are praising the actual biocybernaut process, rather than the book itself. Book Was just a plug to make you join their program The book was all about the benefits you obtain if you go to California and participate in Dr. I , similarly don't have the amount of money laying around to take them. I purchased the book anyhow in the hope that I'd learn some factors I wouldn't find somewhere else.. This book contains incredibly important insights from Dr. Hardt's analysis and insights. This would be nice for those folks for whom money is no object. Finished . I understand that folks have been unhappy about is certainly that with each one of these benefits of becoming within an alpha state it generally does not tell someone how exactly to perform it , and

recommends the training sessions. That is groundbreaking research that's with the capacity of changing the world. For the rest of us I would recommend understanding how to quiet your mind through meditation techniques , which there are many . Hardt's life long work in this exciting area of human being potential, the book could use some severe editing. I have been waiting for something similar to this for 15 years! This book is still incredibly interesting and insightful for me personally.. Extremely Insightful I had seen several reviews before I bought this reserve saying it is a brochure for the training provided by Dr Hardt.D. No useful details at all. There is no practical information. I cant believe I simply paid for what appears to ... As somebody pointer in a prior review, afa states can be trained for much much less a, you can also by your personal neurofeedback products for a 10th of this. At the end I just felt frustration trigger it talks about these marvellous experiences and states you can reach through this technology but to do simply the 1st level at their middle its ONLY 15000 dollars! Just what a rip off!! I cant believe I simply paid for what appears to be a pamphlet about their instute. It continues on to teach you visualization.I had not seen or browse or owned a copy until after I had completed the 7 Time Alpha Brainwave training course in April 2013.. I see there are several favorable reviews, so probably it's just me!. Five Stars Fast and effective! uncertain what i gained virtually from it. you need special gear to do the experiments in the book. the consequences are impressive.Man..... Amazing. I have utilized it for over 15 years. There are numerous examples in the reserve of techniques and ways to increase your alpha, health, mind function, etc. The concept is fascinating and you find out a few things along the method. I have to state that everything in the book associated with the 7 day program was accurate to my encounter and many of the benefits to be obtained from alpha human brain wave training turned out to be true. I first found out about brain wave teaching and the Biocybernaut Institute through Expenses Harris the founder of Centrepointe around 2007 and he raved in what he got from the program.I must say that this book has definitely motivated me to accomplish Dr. I am more optimistic, can hold my surface better in relationships and also have regained my capability to communicate. We enjoyed reading it. This technology allows us to drop the baggage in order that we are able to perform from our very best Self. that you could use directly away. The expense of the program offered in the book however, is beyond my economic ability. The cutting edge of the science This review is both my take on the book and a response to the critics of the book who complain that it is simply an advertisement for the authors services at his research facility. Women and gentlemen, this is science and science requires rigor. This particular scientist has his exclusive first-hand perspective from having built his own extremely costly technology, which he patented. There could be others in his field performing similar things but that one has been doing it probably longer, citing 4000 subjects in his own neurofeedback work. This is not a trifle. The writer is merely stating what he has found. Clearly, the expense of cutting edge technology at its advent is normally astronomically high and when it goes into to common utilization it comes crashing down.and I look for this to be a wonderful thing. This technology may be the future and this Dr is usually at the start of the "application phase" as he says inside. The book is thorough and readable, a good balance of hard measurable research and favorite new-age topics such as for example angels, Akashic record gain access to, and out of body experiences. That can be done it yourself with simply the book. The Art of Smart Thinking I LOVE THIS BOOK!! That is a book worth reading. Just by reading the 'Artwork of Smart Thinking', my inner dialogue has changed for the better, doing even more observing with my way of thinking.We would NOT think about it!Hardt does promote the reserve through the 'The Art of Smart Thinking'.. Greatest Wishes, Ananda Edmonds Just witness the computing power of an iPhone pitched against a room filled with IBM processors in 1975. If somebody were to inform me that I could not only get rid of the non-supportive stuff between my ears but merge my still left and correct brain hemispheres and be able on top of that, to access my higher self all for a MILLION DOLLARS. I was not disappointed.. I read some of the other reviews and I concur that Dr.! And the price isn't any where near that. The bottom line, if you would like what the Biocybernaut

Institute provides, YOU WILL MAKE IT HAPPEN..



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