



*The Power of Imagery
for Healthy Cells
and Timeless Beauty*

Grow Younger Daily

*Eric
Franklin*

Eric Franklin

Grow Younger Daily: The Power of Imagery for Healthy Cells and Timeless Beauty



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Grow Younger Daily: THE ENERGY of Imagery for Healthy Cells & Timeless Beauty This is an Insider's; With the power to change the body from the within out, imagery can influence and rejuvenate from individual cells to the immune system and organs, displaying that remaining young is basically a query of attitude. The phrase "Acknowledging the power of change is the first step to a young, healthier you. The Franklin Method®, developed by author Eric Franklin, combines movement and Dynamic Neurocognitive Imagery (DNI)™ to harness the transforming power of your brain to go efficiently and keep carefully the physical body young and energized. Put simply, if you can imagine it, you can become it. Sports athletes, dancers and fitness specialists have used sophisticated mental imagery to improve their performance, and now you can too. assumes new significance when associated with research in to the undeniable connection between imagery and physical and mental wellness. s Guideline to the Life-Changing Usage of Imagery. Grow Younger Daily offers a roadmap to creating enduring positive physical and mental changes by describing how to harness the plasticity and transformative power of your brain, because of the author's decades of firsthand encounter and practice. Mind over matter"



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One of my favorite books! I will read it over and over as a trip through my body and to talk to my cells... One of the best books! I will read it again and again . Five Stars Excellent. Make use of it in my own yoga classes



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