



Train Your Mind, Change Your Brain: How a New Science Reveals Our Extraordinary Potential to Transform Ourselves Abridged on CD [Train Your Mind]

Sharon (Author) Begley

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Is change possible? Everyone who has tried and failed, wished they could be happier, or has been told they were too old to learn something, has wondered why we just seem to be stuck with ourselves. But this amazing and hopeful audiobook shows us that it is not only possible for us to control our brains but also for us to rewire them. In late 2004, the Mind and Life Institute brought Western Scientists together with the Dalai Lama and other distinguished Buddhist masters to discuss the cutting edge research being conducted in neuroplasticity, which examines whether neurons can be changed and even grown. The findings are as astonishing as they are helpful. Flying in the face of previous assumptions, the current research shows that not only is it possible for us to change the physical brain, but it is within reach of every single one of us. Through research into neuroplasticity, it has been shown that we can: • Reset our happiness meter • Heal from depression, even major episodes • Learn new skills even in old age • Learn-and even teach-compassion, a critical finding for personal happiness and a more peaceful world Surprising, encouraging, and full of good news that we all want to hear, Change Your Mind, Change Your Brain will help us not only change our brains but also the way we approach our lives-for the better.

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Linda Gaitan:

Often the book Train Your Mind, Change Your Brain: How a New Science Reveals Our Extraordinary Potential to Transform Ourselves Abridged on CD [Train Your Mind] has a lot of information on it. So when you check out this book you can get a lot of help. The book was written by the very famous author. Mcdougal makes some research previous to write this book. This specific book very easy to read you may get the point easily after reading this book.

Joan Henderson:

People live in this new time of lifestyle always aim to and must have the free time or they will get great deal of stress from both daily life and work. So , whenever we ask do people have free time, we will say absolutely without a doubt. People is human not a robot. Then we consult again, what kind of activity are you experiencing when the spare time coming to you of course your answer will unlimited right. Then ever try this one, reading ebooks. It can be your alternative in spending your spare time, the actual book you have read is definitely Train Your Mind, Change Your Brain: How a New Science Reveals Our Extraordinary Potential to Transform Ourselves Abridged on CD [Train Your Mind].

John Ferguson:

Playing with family in a park, coming to see the marine world or hanging out with good friends is thing that usually you will have done when you have spare time, subsequently why you don't try thing that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Train Your Mind, Change Your Brain: How a New Science Reveals Our Extraordinary Potential to Transform Ourselves Abridged on CD [Train Your Mind], you can enjoy both. It is good combination right, you still wish to miss it? What kind of hangout type is it? Oh seriously its mind hangout fellas. What? Still don't buy it, oh come on its called reading friends.

Adam McGrath:

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