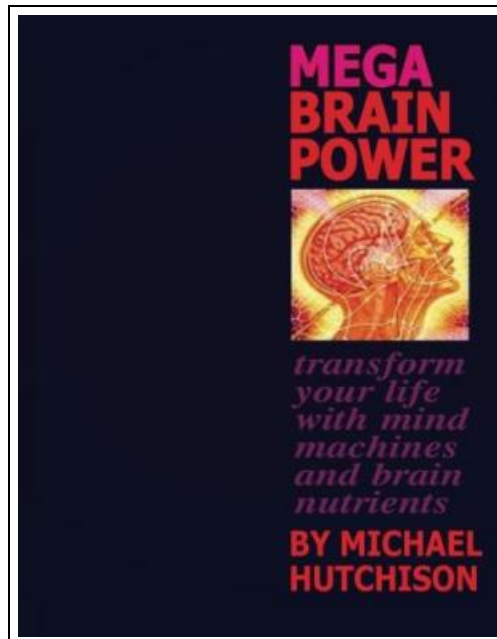


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Reviews

Merely no terms to spell out. We have read through and i also am confident that i will gonna read yet again again in the future. You will not sense monotony at anytime of your own time (that's what catalogs are for about should you question me).

(Pasquale Larkin I)

MEGA BRAIN POWER: TRANSFORM YOUR LIFE WITH MIND MACHINES AND BRAIN NUTRIENTS (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This is the amazing follow up book after the original classic -Mega Brain- revolutionized the mind tech in USA and around the world. The book is still the single best resource for anyone interested in discovering how to benefit from the original research. It includes many topics from sports to intelligence, from sex to healing, from biofeedback to re-scripting. TABLE OF CONTENTS INTRODUCTION ONE: The Brain Revolution In Search of Tools for Waking Up TWO: Peak Performance Brain Waves THREE: Whole-Brain Power FOUR: Working Out In the Brain Gym: The New Science of Brain Growth and Mind Fitness FIVE: Taking Charge: Biofeedback and Brain Power SIX: Sound: The Heartbeat of Life SEVEN: Light Power EIGHT: The Technicolor Symphony: Orchestrating Your Brain with Light and Sound NINE: Electric Brain Power: Recharging the Batteries TEN: Motion and the Brain ELEVEN: Supercharging Your Senses: Acoustic Field Generators TWELVE: Sounds of Silence, Visions from the Void: Reduced Stimulation THIRTEEN: Changing Channels: Brain Tuning and State Change FOURTEEN: Deep Relaxation on Command FIFTEEN: Beyond Relaxation: Self-Hypnosis and Suggestion SIXTEEN: Seeing in the Mind s Eye: Visualization SEVENTEEN: Deep Self: Exploration and Transformation EIGHTEEN: REscriptING NINETEEN: Your Tools for Superintelligence TWENTY: Becoming the Ultimate Athlete TWENTY-ONE: The Mental Edge: Peak Performance and the Inner Game TWENTY-TWO: Brain-Powered Sex TWENTY-THREE: Creativity TWENTY-FOUR: Awakening and Transcendence: Techno-Shamanism and the Democratization of Bliss TWENTY-FIVE: Riding the Big Wave: Ultradian Rhythms and Mind Machines TWENTY-SIX: Full-Speed Recovery: Ending Addiction and Substance Abuse TWENTY-SEVEN: Your High-Tech Weight-Loss System TWENTY-EIGHT: Free At Last: Ending Anxiety, Depression and Phobias TWENTY-NINE: Ending the Reign of Pain THIRTY: From Learning Disabilities to Learning Superabilities THIRTY-ONE: Supercharging Your Immune System THIRTY-TWO: Brain Power Nutrients THIRTY-THREE:...



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