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presents this information
in depth, while helping
you take control of your
mind, explaining how
thoughts can create
chemical reactions that
keep you addicted to
patterns and
feelings----including
ones that make you

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unhappy. And when you do know how these bad habits are created, it's possible not to only break these patters, but also reprogram and evolve your brain, so that new, positive, and beneficial habits can take over.

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Evolve Your Brain is extremely technical; Dispenza was trained as a chiropractor and later studied all sorts of other scientific disciplines. I was going to say it was extremely scientific, but i'm not sure how legitimate the science is.

~~Evolve Your Brain: The Science of Changing Your Mind by ...~~

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Learning and performing the activity required you to amplify your level of awareness.

By increasing blood flow and electrical activity to different areas in your brain, you could stay more present with what you were doing. You kept your brain from wandering to any other thought so that you could learn a new

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action, and that process
took energy.

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In this inspiring two-
hour seminar Evolve
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Your Mind, Dr. Joe
Dispenza explains how
the brain evolves, learns
new skills, how we can

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take control of our mind
and how thoughts can
create chemical
reactions that keep us
addicted to patterns and
feelings-including the
ones that make us
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Dispenza delves deep
into the extraordinary
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Read this book and be
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life forever.'--Lynne
McTaggart, author of
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presents this information
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you take control of your
mind, explaining how
thoughts can create
chemical reactions that
keep you addicted to
patterns and
feelings – including ones
that make you unhappy.

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presents this information in depth, while helping you take control of your mind, explaining how thoughts can create chemical reactions that keep you addicted to patterns and feelings – including ones that make you unhappy.

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In Joe Dispenza,
D.C. ' s acclaimed book
“ Evolve Your Brain:
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Changing Your Mind ”
he challenges the notion
of this paradigm and
counters it with
contemporary science.

You see, the secret

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behind getting really
good at something is
simple — practice,
practice, practice.

Mind

~~The Yogi's Bookshelf:~~

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~~The Science Of ...~~

Everything that we do
takes place through the
brain—how we think,
how we act, how we
feel, our relationships,
our perceptions of the

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world around us—because our “self,” as a sentient being, is immersed and truly exists in the electrical web of our cellular brain tissue.

Since we can ’ t hope to evolve our brain without changing our mind and understanding the role of our feelings, Evolve Your Brain explores how they all interact

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with the body to create
our life.

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patterns and feelings -
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And when you know
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not only break these
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reprogram and evolve
your brain, so that new,
positive, and beneficial
habits can take over.

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Now , in his
empowering book
Evolve Your Brain he
explains how new
thinking and new beliefs
can literally rewire one's
brain to change
behaviour , emotional
reactions , and habit
forming patterns. Most
people are unaware of
how addicted they are

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to their emotions , and
how the brain
perpetuates those
addictions
automatically.

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Evolve Your Brain was
not written primarily for
the scientist, the
researcher, or the
academic, but for the

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Mind

average person who
wants to understand
that science sup ports
our ability to change,
and that we, as human
beings, have great
potential.

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Joe Dispenza, quote
from Evolve Your
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“ This intelligence knows how to maintain order among all of the cells, tissues, organs, and systems of the body because it created the body from two individual cells. Again, the power that made the body is the power that maintains and heals the body.

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presents this information
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The genetics of that
species will change to

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support a new internal state, one that will help the species survive that external stimuli for generations to come.

This is called survival of the species. It is a linear, slow process for most species. ” . Joe

Dispenza, Evolve Your Brain: The Science of Changing Your Mind.

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