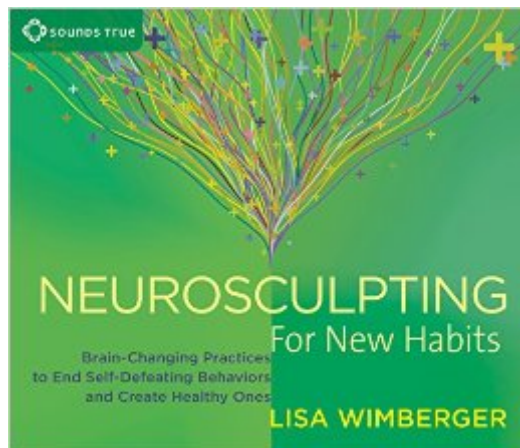


The book was found

Neurosculpting For New Habits: Brain-Changing Practices To End Self-Defeating Behaviors And Create Healthy Ones



Synopsis

Tools for Harnessing Your Brain's Innate Power to Learn New Habits

What is the number one factor for determining career success and personal fulfillment? The answer isn't genius, willpower, or passion—it's habit. "The human brain is a champion for forming habits," teaches Lisa Wimberger. "Yet that essential quality can also get us stuck in self-sabotaging patterns." With *Neurosculpting for New Habits*, this dynamic teacher brings you two sessions of scientific insights and highly effective practices for rewiring your brain to promote healthy, self-empowering behaviors, including:

- How the brain forms habits—and why it retains unhealthy ones
- The crucial role of managing stress when creating healthy habits
- Intention, focus, action, and repetition—four steps for mastering habits, with mindfulness-based meditations for each step

Advances in neuroscience have transformed our understanding of the way our brain acquires and reinforces habits. Lisa Wimberger's *Neurosculpting*® uses proven techniques to consciously direct your brain's natural processes for learning and changing. Join her to learn this powerful approach for breaking unwanted behaviors—and instilling the habits that serve you in creating the life you choose.

Book Information

Audio CD

Publisher: Sounds True; Unabridged edition (March 1, 2016)

Language: English

ISBN-10: 1622035984

ISBN-13: 978-1622035984

Product Dimensions: 5.6 x 0.7 x 4.9 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (6 customer reviews)

Best Sellers Rank: #317,961 in Books (See Top 100 in Books) #109 in Books > Books on CD > Health, Mind & Body > Meditation #114 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #324 in Books > Books on CD > Nonfiction

Customer Reviews

I have both of Lisa's books and all her audios they are indispensable tools that have changed my life and helped me through a few challenging times in my life. I recommend this for anyone struggling to change any aspect of their life.

I play it during the night when I can't sleep -- the meditations are instantly relaxing. I feel calmer and better able to reduce my stress during the day despite having a very intense and challenging work environment.

I've found this program really helpful. I finally understand why my brain seems to want to drive me away from the direction I want to go, and how I can use the way my brain works to get it to change course. I found the neuroscience portion presented in a way that is very easy to understand and enlightening. Many times I found myself thinking, 'wow!' I've been playing with the guided meditations over the past couple of weeks, and things are already shifting. Amazing stuff!

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