



Brain Renovation

By Benjamin Krämer

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.You CAN change your brain and get your life back. It won't be a quick fix, but it can be done! You are not stuck with the same brain for life. You can make lasting improvements to become not just smarter, but happier. In his latest book, Benjamin Kramer pulls together the wide range of topics covered in previous books to create a user manual for repairing and optimizing your brain. Whether you suffer from a mood disorder such as Anxiety or Depression, have less than ideal cognitive function or if you just want to know how to create a super brain, this book contains advice and guidance to get the most out of your most important organ. Renovate your brain to - - Harness the concept of neuroplasticity, to rebuild your brain - Recognize and stop unhealthy thinking patterns - Recognize and stop unhealthy behaviors - Use healthy activities like exercise and meditation to build a smarter and happier brain - Increase levels of important neurotransmitters - particularly serotonin - Improve your sleep quality and quantity...

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