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Super Brain: Unleashing the Explosive Power of Your Mind to Maximize Health, Happiness, and Spiritual Well-Being

By Deepak Chopra

Harmony. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 7.9in. x 5.2in. x 0.9in. A manual for relating to the brain in a revolutionary new way, Super Brain shows you how to use your brain as a gateway for achieving health, happiness, and spiritual growth. The authors are two pioneers: bestselling author and physician Deepak Chopra and Harvard Medical School professor Rudolph E. Tanzi, one of the world's foremost experts on the causes of Alzheimers. They have merged their wisdom and expertise for a bold new understanding of the three-pound universe and its untapped potential. In contrast to the baseline brain that fulfills the tasks of everyday life, Chopra and Tanzi propose that, through a person's increased self-awareness and conscious intention, the brain can be taught to reach far beyond its present limitations. We are living in a golden age for brain research, but is this a golden age for your brain they ask. Super Brain explains how it can be, by combining cutting-edge research and spiritual insights, demolishing the five most widespread myths about the brain that limit your potential, and then showing you methods to: -Use your brain instead of letting it use you -Create the ideal lifestyle for a healthy brain -Reduce the risks...



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