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Brain Training: Neuro Linguistic Programming, Neuroplasticity, Mind Power, Concentration, Mental Clarity, Positive Thinking, Focus,! (Visualization, Brain ... Memory Improvement, Brain Power Strategies)

Mick McPherson

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BRAIN TRAINING TECHNIQUES AND STRATEGIES FOR GREATER MIND POWER AND SUCCESS!

This "Brain Training" book contains proven steps and strategies on how to maximize the power of your mind through training!

Today only, get this Amazing Amazon book for this incredibly discounted price! Read on your PC, Mac, Smart Phone, Tablet or Kindle Device.

Also included in this book are in-depth information about neuroplasticity, numerous neuro-linguistic programming techniques, optimal brain diet, and other factors that contribute to your mind power such as habits, positive thinking, and stress relief.

Additionally, the methods contained in this book are completely DIY, meaning you can easily perform these exercises and techniques at home for your convenience!

Here Is A Preview Of What You'll Learn...

- How The Brain Really Works
- Introduction To Neuro-Linguistic Programming (NLP)
- Introduction To Neuroplasticity
- The Basics: NLP And Neuroplasticity For Enhanced Mind Power
- Using NLP And Neuroplasticity To Improve Concentration
- Using NLP And Neuroplasticity To Improve Mental Clarity
- Using NLP And Neuroplasticity To Improve Memory
- The Brain Diet: What To Eat For Optimal Brain Health
- Train Your Brain To Stop Negative Thinking
- Strategies To Reverse Bad Habits And Relieve Stress
- Much, Much More!

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