



Making the Brain Body Connection: A Playful Guide to Releasing Mental, Physical Emotional Blocks to Success (Paperback)

By Sharon Promislow

Access Publishers Network, United States, 2000. Paperback. Book Condition: New. Revised. 241 x 201 mm. Language: English . Brand New Book. A newly revised edition of the International Best-Seller, Making the Brain/Body Connection hit the book stores in June. This book has people raving about its user friendly approach and its solid research based information. Explore and experience how your brain, body and senses interrelate. Sharon Promislow s approach makes the brain research almost fun. Learn about your body s defence mechanism for stress and how you can adapt them to defuse stress instead of allowing it to accumulate into a full blown stress attack. In her lively and entertaining book, Sharon blends cutting edge stress and brain research with practical exercises and techniques that have you moving beyond your current limitations and into a life you only imagined you could have. Her Quick Six stress buster techniques can be used on the street, in the board room, wherever you are when stress hits. Follow along with this step-by-step guide as she leads you through a model for change that unlocks hidden stress circuits. Clear away mental, emotional and physical blocks to success with simple movements from the 10 Step Change...



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Reviews

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