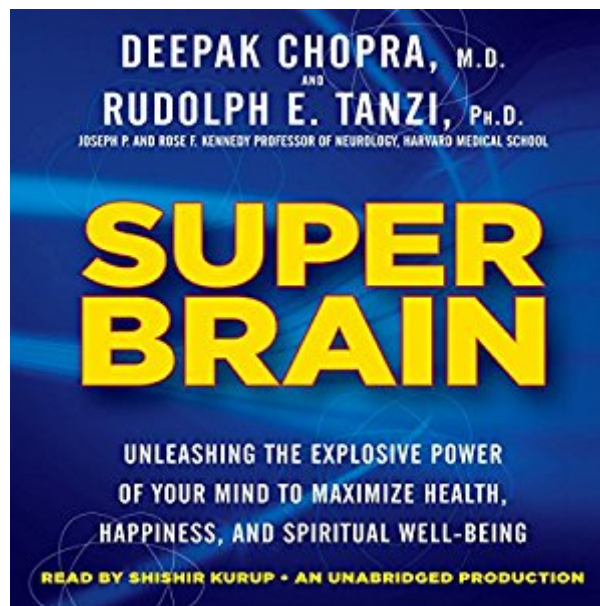


The book was found

Super Brain: Unleashing The Explosive Power Of Your Mind To Maximize Health, Happiness, And Spiritual Well-Being



Synopsis

A manual for relating to the brain in a revolutionary new way, *Super Brain* explains how to use your brain as a gateway for achieving health, happiness, and spiritual growth. The authors are two pioneers: best-selling author and physician Deepak Chopra and Harvard Medical School professor Rudolph E. Tanzi, one of the world's foremost experts on the causes of Alzheimer's. 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 of aging
- Promote happiness and well-being through the mind-body connection
- Access the enlightened brain, the gateway to freedom and bliss
- Overcome the most common challenges, such as memory loss, depression, anxiety, and obesity

Your brain is capable of incredible healing and constant reshaping. Through a new relationship with your brain you can transform your life. In *Super Brain*, Chopra and Tanzi guide you on a fascinating journey that envisions a leap in human evolution. The brain is not just the greatest gift that Nature has given us. It's the gateway to an unlimited future that you can begin to live today.

Book Information

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Customer Reviews

This is an incredibly written book on the most important topic in all of our lives, "The Human Brain." As, the book points out if you don't use your brain, it will use you! The book gives you tools you can use right away. Most importantly it's written by two brilliant and forward thinking scholars. The first being, Deepak Chopra, M.D. a New York Time best-selling author and author of numerous books who's known around the world for his work on the brain, mind-body connection, consciousness, spirituality, and Quantum Physics. The second, Dr. Rudolph E. Tanzi a Harvard Professor who was a pioneer in Alzheimer's research and being one of the co-discoverers of the first Alzheimer's disease gene. As quoted in the book "Every day you step into the invisible firestorm of electrical and chemical activity that is the brain's environment. You act as leader, inventor, teacher, and user of your brain, all at once. As leader, you hand out the day's orders to your brain. As inventor, you create new pathways and connections inside your brain that didn't exist yesterday. As teacher, you train your brain to learn new skills. As user, you are responsible for keeping your brain in good working order." I have to say that this one is greatest books I've read on the topic of the brain because the two authors go extremely in-depth into the working of the brain, and they also give you tools that you can implement into your life today. It's broken up into three parts. Here's a very basic summary. Part 1 DEVELOPING YOUR GREATEST GIFT Which goes into great detail about the latest advancements in science that explain how the brain functions. It also talks about the five myths of the brain.

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