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Becoming Aware: How to Repattern Your Brain and Revitalize Your Life

By Lisa Garr

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Becoming Aware: How to Repattern Your Brain and Revitalize Your Life, Lisa Garr, Several years ago, Lisa Garr suffered a traumatic brain injury during a freak biking accident that rendered her unable to speak or rely on her short-term memory. What followed is truly remarkable. Lisa not only used cutting-edge EEG techniques to heal, but also set out to live a different life than the one she was leading in her pre-accident days. She used this experience as a wake-up call and decided to transform in every way possible, including marrying her true love and giving birth to their daughter. Today, the woman who couldn't even say a few words is a radio and Internet sensation with a massively growing audience and multimedia platform. Now, she brings the lessons she has learned from countless interviews with inspirational, spiritual and new-thought leaders to the pages of this book. She discusses how she's applied them to her own life, and explains how you can, too. Lisa will show you how to: use what she calls 'brain-nastics' to help you repattern your brain for optimal function; create what you want on multiple levels...



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