



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...

DOWNLOAD



READ ONLINE

[2.11 MB]

Reviews

A superior quality publication and the font utilized was intriguing to read. I could comprehend every little thing using this composed e publication. You will like the way the author compose this publication.

-- Mr. Demario Trantow

A very great pdf with lucid and perfect explanations. It really is rally interesting throgh reading time period. You wont really feel monotony at at any moment of your own time (that's what catalogs are for about in the event you question me).

-- Keshawn Schneider