

## Dermoriflessologia Dialogare Con Linconscio Attraverso La Pelle Ben Essere

Experience the love of Christ in a new personal way with this Lenten devotional drawn from America's favorite devotional, Daily Guideposts. Lent is a time of preparation for Easter when we reflect on Jesus's life and sacrifice. This year, renew your heart for the resurrection with Daily Guideposts: 40 Days of Lent. In just five minutes each day, you'll enjoy a Scripture verse, a personal story, and a prayer to help you apply the day's message. Join Karen Barber as she learns about the days leading up to his crucifixion and resurrection. Instead of giving something up, learn a new spiritual practice with Erin MacPherson who observes Lent by giving something away. With Eric Fellman, meet biblical men and women, believers, and seekers who were touched and changed by Jesus. Travel with Roberta Rogers as she follows Jesus through the streets of first-century Jerusalem in search of faith and hope for our lives today. Join the community of over a million Daily Guideposts readers on this remarkable and deeply personal spiritual journey.

mBraining Wisdom Coloring Book - Bring Calmness and Wisdom to your Mind and Life... The growing new field of mBIT (multiple Brain Integration Techniques), also known as 'mBraining', shows that we have complex, functional and adaptive neural systems or 'brains' in our heart and gut regions. Research shows these brains are used in embodied cognition, decision-making and intuitive wisdom. Each of our multiple brains also has a 'highest expression' - the most integrative, adaptive and generative way of being, which when aligned together allows for an emergence of deep intuitive wisdom. For the heart the highest expression is Compassion, for the head it is Creativity and for the gut it is Courage. This adult coloring book provides drawings that represent all of these aspects of the multiple brains and their highest expressions. Allowing you to immerse yourself in the creative endeavor of mindfully coloring in imagery that speaks to autonomic coherence and calmness, and to the heart, head and gut brains and their integrative emergent wisdom. We hope you enjoy many hours of mindful mBraining coloring and that this process evokes deep in your heart, mind and soul the desire to truly, really and deeply make a difference in the world. - Provides hours and hours of calming stress relief, mindful wisdom, flow and joyful, creative expression. - Images inspired by the new field of mBRAINING (multiple braining - head, heart, gut). - Designed to evoke the Highest Expressions of Compassion, Creativity and Courage. - Ancient spiritual wisdom meets modern neuroscience in practical application. - 20 beautiful drawings to color in along with 20 mindmaps to color, enhance and explore.

After a lifetime of pain and struggle, Jess Hazzard finally hung up his gun, buried his demons, and found happiness in the mountains of west Wyoming with his beloved wife, Julie, their daughter, and her young son from a previous marriage. Life was good until the day he returned home to find the love of his life brutally beaten and raped, and their son, Keith, kidnapped. Now Jess must master his rage and strap on the Frontier Colt he long prayed he would never again have to wear, to pursue a ruthless madman and his vicious gunmen, save their son, and avenge Julie's violation. Volume 2 in the Jess Hazzard series. Volume 1: Summer of the Eagles

Packed with plenty of clear illustrations, this introductory work shows how to use the matrix methods of structural analysis to predict the static response of structures. Sack emphasizes the stiffness method while providing balanced coverage of the fundamentals of the flexibility method as well. He introduces the various topics in a logical series and develops equations from basic concepts. The result: readers will gain a firm grasp of theory as well as practical applications. Practical in approach, the well-presented material in this volume is devoted to giving a solid understanding of matrix analysis methods combined with the background to write computer programs and use production-level programs to build actual structures.

Based on a program originally developed for young people seeking purpose and direction in their lives, Dr. John Demartini's Inspired Destiny has deep meaning for readers of all ages. Whether you're a young adult or simply young at heart, it will awaken you to your inspired destiny. Do the simple exercises in each chapter and apply what you learn here, and you will come away from this book with an immense vision of yourself, understanding the real difference between being a leader or follower, and see how to set an example for others by doing what you love. You'll set in motion a far-reaching "ripple effect," beginning the journey of mastering and living a meaningful and inspiring life.

Nicola Tedman and Sarah Skeate awaken their inner George A. Romero and focus their creative attention on the malleable, fuzzy softness of felt inside Zombie Felties: How to Raise 16 Gruesome Felt Creatures from the Undead. Inside, crafters will find instructions for more than 15 zombie creatures, including a Romero-esque Day of the Dead Zombie. Additional Zombie Feltie projects include: \* Zombie Bride \* Zombie Puppy \* Vampire Zombie \* Zombie Bunny \* Folklore Zombie \* Zombie Surfer, and more! With only the most basic of sewing skills, crafters can raise their own macabre multitude of Zombie Feltie creations from the undead with an average construction time of less than one hour per pattern. Each design includes a full-color photograph of the finished project, as well as an illustrated, instructional overview, pattern diagrams, and a convenient list of everything needed to complete the project. Zombie Feltie friends can be customized with limitless embellishments and they make great Halloween decorations, party favors, finger puppets, key rings, and even mobile phone mascots. Get ready to shudder as you stitch!

In the third book in The Last Hero superhero series, the planet is at war. Saint's devastating attacks have left the world's major cities in ruins. Humanity is imprisoned. Soon, there will be nowhere left to call home. Driven by revenge, Kyle Peters (Glacies) leads the fightback against Saint and his unstoppable armies. But when the battle for Manchester, UK goes drastically wrong, the ULTRA Resistance find themselves in a more precarious position than ever before. And when Saint's evil endgame is revealed, the true consequences of his rise to power finally come to light. In a race against time, Kyle must rally his ULTRA army and fight back against Saint and his peers, or face the total destruction of everything and everyone he has ever cared about. But in these dangerous times of war, who can you really trust? Battle of the ULTRAs is the third book in Matt Blake's The Last Hero superhero/urban fantasy series.

Inside are the tools that will help you focus on the thoughts, attitudes, and deeds that will lead to the achievement of your true goals. In 365 short, powerful motivations, one for each day of the year, Dennis Kimbro, author of the popular THINK AND GROW RICH: A BLACK CHOICE, offers a treasure trove of practical inspiration that will give you fresh encouragement every day of the year. What it teaches you will last a lifetime.

This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Action

research, applied systematically to the issue of poor academic performance, provides a high likelihood of improving student outcomes. The action research processes described in this book are honed by many years of successful application, and provide teachers, educational leaders, families and community members with a set of tools for engaging with significant problems in classrooms and schools. This book is designed to provide the reader with an understanding of the nature of action research and the procedures and applications of action research. In addition, it provides practical resources that add to the fundamentals of knowledge available to action researchers. The text is detailed, providing specific guidance for many of the skills that may be required for the different contexts and problems to which action research can be applied. Conceptual frameworks provide a "compass" or "roadmap" that will enable practitioners to keep track of action research processes applied to their work.

"Daemon in the Sanctuary" explores the uncanny contradiction between the phenomenological experience of home as a site of nurture and security and the empirical reality that people are far more likely to be hurt and even killed in their own homes by their intimates, rather than at the hands of strangers. Moving from the syrupy tributes of the god of love in Plato's "Symposium" to the subject of domestic violence appears to be a giant leap, but the author shows that embroidered romantic ideas about love prepare the initiate poorly for the reality of intimate connection. Poets and philosophers who lead us to believe that love is heaven sent can leave us craving an extreme experience. We crave an earth-shaking, life-altering intrusion on our tranquility as evidence that love is real. Thus the naive initiate can easily mistake the flutter of the pulse, the quickening of the heart rate, the flush, the confused emotions, and the painful longing as signs of the god's gift. But these are also the signs of fear! Wendy C. Hamblet, a philosopher in the phenomenological lineage, examines the truth value of phenomenological experience, through the lens of the problem of intimate violence. If Husserl is right and phenomenological method provides the ground of all empirical truth, then what is to be made of the fundamental contradiction between the lived experience of home as a site of nurture and security and of intimates as guardians and caretakers, and the empirical fact, evident in every human society, that people are far more likely to be harmed, and even killed, in their homes or in the homes of their intimates and at the hands of those charged with their care? Hamblet carefully choreographs a dance between the two opposing 'truths' to expose how the lived sense of home, colored by ideals, can tint people's expectations about intimate connection and cloud their ability to recognize the signs of intimate abuse. This book illuminates the dangers and pitfalls of unhealthy intimacy and offers a regimen for loosening the grip of a sickened love's pathological hold.

In the sequel to *The Man with the Golden Torc*, Eddie Drood is forced to take on some nasty daemons from another dimension, who arrived in this world at the behest of the Drood family to help battle the Nazis during World War II and who have decided that they have no intention of leaving.

In this remarkable book, the renowned Mexican healer Sergio Magaña reveals the fascinating secrets of the ancient Toltec tradition. Closed to outsiders until now, this rich spiritual tradition is over 5,000 years old. The original holders of this secret knowledge, the Chichimeca, were considered to be masters, with a deep understanding of the dream state and a working knowledge of how our perceptions form our reality, as well as the capacity to influence matter. The Toltec Secret reveals the incredibly powerful rituals and symbols that will enable you to:

- become lucid in your dreams
- create your life through your dreams like the Toltecs did
- send healing to others while in the dreaming state
- communicate with your ancestors
- develop your intuition and use Toltec techniques to see the aura
- heal and rejuvenate your body by connecting with the energy of the sun
- use the mysterious obsidian mirror for healing yourself and others
- practise the powerful dances of the Toltecs and Mexihcas.

A collection of short essays from 17 very well-known authors who have a solid scientific background or renown within their ancestral traditions. What they have in common is that each one, within their discipline, is aiming to use water's molecular structure and memory to improve our world. This book is connected to a worldwide movement which is going to organize at least four significant worldwide events during 2015 and 2016. The essayists themselves are part of this movement and readers can join too. They will experiment, for instance, with using intention to lower the radioactivity level of Fukushima's water. It is a very young movement but one that has already generated much interest."

Malcolm Teasdale has spent a ridiculous amount of time on planes and trains. Add to that taxis and various types of tuk tuks. After an honest explanation about how he became a travel addict, Malcolm describes how some iconic places and wonders of the World are reachable with a little planning. It's basically an attempt to simplify what can be deemed as an intimidating task. You can then add these to your Bucket List. The rest of the stories in this book cover experiences in Europe, Asia, the Americas and the Caribbean. Not one to shy away from a challenge or two, he travels to distant locations to visit spectacular buildings and architecture, surrounds himself with sharks at 50 feet under water, spends a night in the wilderness in a tent and the following day enjoys hanging out with the nomads, finds a spiritual encounter in an iconic palace, ventures into areas of seediness and questionable merit and then relaxes on a spectacular beach just to get away from it all. In his quest to fulfill some lifetime ambitions, the added benefit is to become further educated about how the rest of the World works. [www.malcolmjteasdale.com](http://www.malcolmjteasdale.com)

Prof. Giuseppe Joseph Calligaris, an Italian medical doctor who worked in the first half of the 19th century, had discovered that certain lines and points on the skin were related to the conscious and subconscious portions of the mind, and even to the enhancing of paranormal abilities. For over thirty years, Calligaris examined thousands of individuals, published about twenty books and discovered that the geometric system on the human skin could be stimulated in everybody to enhance clairvoyance, clairaudience, and precognition and retrocognition. He believed that our brain just may be a concave mirror for the Universal Consciousness. For his new research Calligaris was 'dumped' by the academic community after he demonstrated in several tests before professors that anybody can become capable of identifying objects on the other side of a wall, by pressing a specific point on the skin for only some minutes. Today the books of Calligaris are very rare., the majority of his materials are no longer available. This is the first book in English



language, that helps you rediscover the potential which is hidden in all of us. Calligaris has proven, that the truth is just as near as our skin.

In the wake of the bloody civil war that followed Finland's independence from Russia in 1917, the border between the two countries was established across the Karelian Isthmus, an area long fought over by Russia, Finland and Sweden in their attempts to dominate the northern tip of Europe. Neither the Soviets nor the Finnish were comfortable with such a divide which was only 32km from the military and industrial city of Petrograd. As such, both sides began an intensive period of fortification and defensive planning. As the Winter War broke out in November 1939, the complex and heavily defended Mannerheim Line suffered intense bombardment. The armistice of 1940 saw Finland cede control of the entire Karelian Isthmus to the USSR, and a propaganda war ensued. Through an analysis of the background, and operational history of the Mannerheim Line, Bair Irincheev attempts to dispel such myths and provide an accurate assessment of its huge historical importance.

"Highly esteemed Mr. Dooyeweerd: yours is the great merit to have seen that today we can no longer philosophize, as was still possible in the so-called modern era, without answering the question - or at least raising it - in what way philosophy and Christianity relate to each other. Today we know all too well that all philosophizing takes place against the background of a culture that in essential respects is determined by its religion, even in its anti-religious voices and moods or in its seemingly indifferent discussions and argumentation. The period in which philosophy and religion marched separately (or claimed that they could and should do so) is gone." Richard Kroner, Professor of Philosophy, University of Kiel

'Stay Up With Me belongs to the tradition of the classic American story and, like John Cheever, Barbash dramatizes the messy lives of New Yorkers' Independent on Sunday A newly single mother wrestles with the evidence of her son's love life during his Christmas vacation; an anxious husband persists in playing the host at his annual drinks party even though his marriage is in trouble and his wife mysteriously absent; a young man watches his widowed father become the toast of Manhattan's midlife dating scene while he struggles to find his own footing in life . . . The characters in Tom Barbash's acclaimed, Folio Prize-nominated collection explore the myriad ways we seek to connect with each other and the sometimes cruel world around us. In the classic tradition of John Cheever or Tobias Wolff, Barbash laces his narratives with sharp wit, psychological acuity and pathos, so that they pierce the heart and linger in the imagination. 'One of the most satisfying cover-to-cover short story collections I can remember' Dave Eggers 'Tom Barbash's wise and bittersweet stories map the gulfs between us, and the unexpected connections. I tried to keep track of my favorite one, but it was always the story I'd just finished'David Mitchell 'Is there such a thing as the Great American Story Collection? Yes, and this is it' Justin Cronin

In many ways, Kohli epitomizes the New Age Indian — aggressive, sometimes brash, but also a go-getter with great clarity about what he wants. After making his mark at the junior level, when he led the Under-19 team to victory in the World Cup, Virat Kohli graduated into the senior ranks quite seamlessly and is now considered a pivotal player in the Indian team. He played a significant role in the 2011 World Cup triumph and has since matured into a consistent match-winner in limited overs cricket and a highly reliable batsman in the longer version of the game. His brilliant fielding enhances manifold his value to the team. Rated among the best young players in the world today, Kohli's filmstar looks and dashing approach on the field make him hugely popular with both fans and brands. Not quite 25, he is sound on tactics, strong on fellow-player management and is already seen as the future captain of India. Ayaz Memon, one of India's most prolific journalists, brings with him 33 years of experience in sports writing. He started his career covering sports and went on to edit newspapers like Mid-Day, Bombay Times and DNA as well as magazines like Sportsweek. Ayaz was also sports editor for the Times of India and the Independent at various stages. He is currently consulting editor with NewsX. C. Rajshekhar Rao is a sports writer with the international news agency, The Associated Press. He has in the past written for prominent Indian newspapers like The Hindu, The Indian Express and Daily News and Analysis.

Reflexology is a holistic healing therapy that uses pressure and massage techniques to work on reflex points on the feet or hands. By releasing energy blockages, reflexology is able to relieve stress and tension and alleviate aches and pains, allowing the body to return to optimum health. This practical guide presents a complete reflexology treatment for the body in simple steps. Divided into sections according to body reflexes, the treatment program is easy to follow, with detailed captions and handy reference diagrams highlighting the reflex area or point being worked on in each step. The introductory section of the book explains how reflexology works and covers the different pressure-point and massage techniques used, so that readers can learn the principles before they begin treatment. There's also advice on the best way to give a treatment, plus a few preliminary exercises to alleviate any stiffness in the recipient's joints and aid the release of energy blocks.

Now a 5-Part Limited Event Series on Showtime, Starring Benedict Cumberbatch and Blythe Danner A New York Times Notable Book of the Year • One of TIME's Top 10 Fiction Books of the Year • Named One of the best books of the Year by The Telegraph and Esquire Here, from the writer described by The Guardian as "our purest living prose stylist" and whom Alan Hollinghurst has called "the most brilliant English novelist of his generation," is a work of glittering social comedy, profound emotional truth, and acute verbal wit. At Last is also the stunning culmination of one of the great fiction enterprises of the past two decades in the life of the English novel. As readers of Edward St. Aubyn's extraordinary earlier works—Never Mind, Bad News, Some Hope, and the Man Booker Prize finalist Mother's Milk—are well aware, for Patrick Melrose, "family" has always been a double-edged sword. At Last begins as friends, relatives, and foes trickle in to pay final respects to his mother, Eleanor. An American heiress, Eleanor married into the British aristocracy, giving up the grandeur of her upbringing for "good works" freely bestowed on everyone but her own son, who finds himself questioning whether his transition to a life without parents will indeed be the liberation he had so long imagined. The service ends, and family and friends gather for a final party. Amid the social niceties and social horrors, Patrick begins to sense the prospect of release from the extremes of his childhood, and at the end of the day, alone in his room, the promise some form of safety...at last.

At the beginning of the XX Century, Giuseppe Calligaris, a brilliant Italian doctor and scientist, made an extraordinary discovery: the skin of the entire human body is mapped with little areas, or dots (which he called patches) through which one specific area of the unconscious mind could be stimulated, for either therapeutic or diagnostic purposes. 50 years after his death, two researchers have verified and updated his research study, and have combined it with the late findings from the world of psychology, thus giving birth to a new subject: dermoreflexology. The

body has its own memory, which is more deeply rooted than the minds, and through this accurate handbook we are now given the key on how to access it. Simply by pressing or stimulating one specific area of the skin, we can learn how to recall specific episodes that we were not even aware we had experienced; we can stimulate or enhance qualities as patience or creativity, we can remember inspiring dreams, or even make our unconscious speak to us through new dreams... This is a new approach to come to know our inner self and make good use of it, and it is literally... within our reach.

In this wide-ranging meditation on the meaning of time, Agacinski weaves together discussions of Aristotle, Kant, Hegel, Freud, Heidegger, Baudelaire, Barthes, and especially Walter Benjamin -- her model for the modern "passer of time" -- as she traces a time-line of the philosophy of time.

The new Sheriff in Trouble, Texas, had a lot to prove. The last thing needed was a gorgeous CIA analyst getting in his way—at Christmastime no less! Trouble's newly minted sheriff, Garrett Galloway, is determined to move on from his traumatic past. But when Laurel McCallister tracks him down and begs for help, he can't say no to the smart, beautiful CIA analyst. She's desperate to find the assailant who killed her niece's family—and now wants her dead. On the run, Garrett, Laurel and her young niece escape to a Texas ranch, but danger follows. Garrett's courage lessens Laurel's initial distrust of the mysterious lawman and sparks fly in the remote cabin. Now he must succeed for more reasons than avenging Laurel's family.

By establishing a dialogue in which the meditative practices of Buddhism and Christianity speak to the theories of modern philosophy and science, B. Alan Wallace reveals the theoretical similarities underlying these disparate disciplines and their unified approach to making sense of the objective world. Wallace begins by exploring the relationship between Christian and Buddhist meditative practices. He outlines a sequence of meditations the reader can undertake, showing that, though Buddhism and Christianity differ in their belief systems, their methods of cognitive inquiry provide similar insight into the nature and origins of consciousness. From this convergence Wallace then connects the approaches of contemporary cognitive science, quantum mechanics, and the philosophy of the mind. He links Buddhist and Christian views to the provocative philosophical theories of Hilary Putnam, Charles Taylor, and Bas van Fraassen, and he seamlessly incorporates the work of such physicists as Anton Zeilinger, John Wheeler, and Stephen Hawking. Combining a concrete analysis of conceptions of consciousness with a guide to cultivating mindfulness and profound contemplative practice, Wallace takes the scientific and intellectual mapping of the mind in exciting new directions.

Collection of activities for daily use that review language arts concepts such as sentence editing, punctuation, grammar, vocabulary, spelling, and comprehension skills.

Have you ever considered toning up your face through a series of exercises, just as you can do it for the rest of the body? It can be done... and it works! This method employs both some American miming and acting techniques as well as some muscular rehabilitation techniques used in hospitals. The result is that the face becomes more tonic and expressive (a combination which is impossible to achieve through plastic surgery!). It simply requires the use of your hands and takes up less than 15 minutes a day: the first results will appear just after three weeks.

Natasha Eaton theorizes the relationship between art and empire through analysis of the interconnected visual cultures of British and Mughal empires in eighteenth- and nineteenth-century India.

Mirror neurons are one of the most extraordinary discoveries of contemporary neuroscience. They explain, on a scientific level, why we understand other people's behavior to a deep degree. They were discovered by Professor Giacomo Rizzolatti, who wrote the preface to this book. Our aim here is to provide basic knowledge of the key concepts of this discovery through the use of clear language and many illustrations. The book also covers the effects of mirror neurons in our daily lives and in the mechanisms that regulate social interactions, so we can learn how to handle them in a more effective way.

And the winner is...JOE GRIMM! He scored 24 KOs in a row and was never knocked out. He was a winner in the ring, and a winner in life. This is the story of a bantam boxer, his chaperoning older brother, and the time in which they lived. It is the 1920s, and there are boxing clubs in nearly every city in America. Joe Grimm weighs 118 pounds and is flat-footed but he has a punch and a KO record that draw leading managers to add Joe to their stables. He trains in the same gym as Jim Braddock, the future Cinderella Man. Joe's awesome winning streak is interrupted when he and his brother are called home. He leaves the arenas with their cheering crowds and works as a butcher in his grocery shop bought with ring money for his family. Now the character traits that made him a boxing wonder make him a success in business. The Gentleman Boxer captures the excitement and hope of an era when anything was possible and anyone could become a hero or a champion. It is a tribute to the thousands of forgotten bantam prizefighters in the Golden Age of Boxing.

Bicycle Accident Reconstruction for the Forensic Engineer describes the methodology for reconstructing bicycle and pedestrian accidents. Of particular interest is analysis of light, signation and conspicuity on the reconstruction of all types of accidents.

What happens on and after December 21, 2012? There has been much confusion and many predictions based on the Mayan calendar. Some people think time on Earth will end, but what if there was an intact and complete resource from the ancestors that will give us the wisdom we need for the shift and an understanding of the coming era? In "2012-2021: The Dawn of the Sixth Sun," Sergio Magana (Ocelocoyotl), mystic and teacher of the ancient Toltec/Aztec lineage of Mesoamerica, discloses an in-depth understanding from a rich and uninterrupted oral tradition, the meaning of the shift from the Fifth to the Sixth Sun, the possibilities presented to humanity at this time, and ancient teachings and practices designed to support this shift. The Toltecs knew how to interpret the mathematical or universal order that governs all of existence by measuring and observing cycles of time, and the impact they had on the Earth, human consciousness, and perception.

The renowned philosopher offers "a powerful reflection on our times . . . and the fate of our civilization, as revealed by the catastrophe of Fukushima" (François Raffoul, Louisiana State University). In 2011, a tsunami flooded Japan's Fukushima Daiichi Nuclear Power Plant, causing three nuclear meltdowns, the effects of which will spread through generations and have an impact on all living things. In *After Fukushima*, philosopher Jean-Luc Nancy examines the nature of catastrophes in the era of globalization and technology. He argues that in today's interconnected world, the effects of any disaster will spread in the way we currently associate only with nuclear risk. Can a catastrophe be an isolated occurrence? Is there such a thing as a "natural" catastrophe when all of our technologies—nuclear energy, power supply, water supply—are necessarily implicated, drawing together the biological, social, economic, and political? In

this provocative and engaging work, Nancy examines these questions and more. Exclusive to this English edition are two interviews with Nancy conducted by Danielle Cohen-Levinas and Yuji Nishiyama and Yotetsu Tonaki.

From the authors of the inspiring true story 90 Minutes in Heaven In 1989, Don Piper died in a car accident. Ninety minutes later, as a minister prayed over him, he returned to life-and remembered... For millions of readers around the world, Don Piper's account of his experience, 90 Minutes in Heaven, offers an inspirational, exciting, and fulfilling message of hope-and has become an international phenomenon. Now, he continues his message of hope and faith with a book of devotionals for all of those who want to experience the joy and contentment of his message every day. With ninety devotionals within, this unique collection directly addresses the everyday hardships we all endure, offering solace and guidance for all those who wish to lead happier, more virtuous lives.

Dermoriflessologia. Dialogare con l'inconscio attraverso la pelleThe Linear Chains of Body and Spirit

A daily devotional draws from the author's best-selling book Love Your Life, a religious exploration into what it really means to be happy. By the author of 75,000 first printing.

The latest scientific research shows you have three brains! You have complex and fully functional brains in your heart, your gut and your head. In this groundbreaking book, you'll discover the latest neuroscience findings about your multiple brains (head, heart and gut brains) and what they have to offer for increasing intuitive abilities and for immediately generating wiser decision-making in your daily life. Providing you with numerous practical and easy to learn methods, this book shows how to communicate with and tap into the innate intelligence of your multiple brains. mBraining coaches you in aligning your three brains to achieve greater wisdom, success and happiness in a world of massive change. Utilizing the powerful and practical methodologies of NLP, Cognitive Linguistics and Behavioral Modeling, the authors have synthesized a remarkably wide range of research findings into an integrated approach that is practical, potent, and immediate in its results. Now scientific knowledge is finally catching up with deep insights from esoteric and spiritual traditions informing us for thousands of years about these three powerful intelligences. This is not a popular science book, nor is it a typical self-help book. This is a book that both breaks new ground as well as complementing many other spiritual and self-development practises. In this book, you'll learn the process of 'mBraining' - the process of aligning and harnessing the power of your multiple brains. The suite of practical methods it provides is part of an amazing new field called 'mBIT' - multiple Brain Integration Techniques. This is a book that changes lives by giving you a real 'how'. Written in an easy to read and entertaining style, this is a highly accessible guide to understanding the scientific basis behind your gut intuitions, your heart-felt emotions, and your head-based creative powers. The lessons in this book can transform your relationship to yourself, to others, and to the world in which you live. If you are serious about your self-evolution, this book is a must read! Learn to use your multiple brains to do cool and amazing things in your life!

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