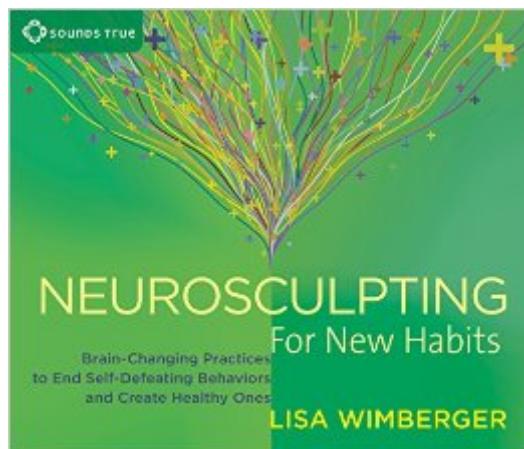


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# Neurosculpting For New Habits: Brain-Changing Practices To End Self-Defeating Behaviors And Create Healthy Ones



## Synopsis

Tools for Harnessing Your Brainâ™s Innate Power to Learn New Habits Â What is the number one factor for determining career success and personal fulfillment? The answer isnâ™t genius, willpower, or passionâ™s habit. âœThe human brain is a champion for forming habits,â• teaches Lisa Wimberger. âœYet that essential quality can also get us stuck in self-sabotaging patterns.â• With Neurosculpting for New Habits, this dynamic teacher brings you two sessions of scientific insights and highly effective practices for rewiring your brain to promote healthy, self-empowering behaviors, including: Â â¢ How the brain forms habitsâ™and why it retains unhealthy ones â¢ The crucial role of managing stress when creating healthy habits â¢ Intention, focus, action, and repetitionâ™four steps for mastering habits, with mindfulness-based meditations for each step Â Advances in neuroscience have transformed our understanding of the way our brain acquires and reinforces habits. Lisa Wimbergerâ™s NeurosculptingÂ® uses proven techniques to consciously direct your brainâ™s natural processes for learning and changing. Join her to learn this powerful approach for breaking unwanted behaviorsâ™and instilling the habits that serve you in creating the life you choose.Â

## Book Information

Audio CD

Publisher: Sounds True; Unabridged edition (March 1, 2016)

Language: English

ISBN-10: 1622035984

ISBN-13: 978-1622035984

Product Dimensions: 5.6 x 0.7 x 4.9 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (6 customer reviews)

Best Sellers Rank: #317,961 in Books (See Top 100 in Books) #109 inÂ Books > Books on CD > Health, Mind & Body > Meditation #114 inÂ Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #324 inÂ Books > Books on CD > Nonfiction

## Customer Reviews

I have both of Lisa's books and all her audios they are indispensable tools that have changed my life and helped me through a few challenging times in my life. I recommend this for anyone struggling to change any aspect of their life.

I play it during the night when I can't sleep -- the meditations are instantly relaxing. I feel calmer and better able to reduce my stress during the day despite having a very intense and challenging work environment.

I've found this program really helpful. I finally understand why my brain seems to want to drive me away from the direction I want to go, and how I can use the way my brain works to get it to change course. I found the neuroscience portion presented in a way that is very easy to understand and enlightening. Many times I found myself thinking, 'wow!' I've been playing with the guided meditations over the past couple of weeks, and things are already shifting. Amazing stuff!

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Neurosculpting for New Habits: Brain-Changing Practices to End Self-Defeating Behaviors and Create Healthy Ones Neurosculpting: A Step-by-Step Program to Change Your Brain and Transform Your Life Decoding Your Dog: Explaining Common Dog Behaviors and How to Prevent or Change Unwanted Ones Decoding Your Dog: The Ultimate Experts Explain Common Dog Behaviors and Reveal How to Prevent or Change Unwanted Ones Into the Backing: Incredible True Stories About the Big Ones that Got Away--and the Ones that Didn't Master Self-Discipline: Simple and Effective Steps to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress Management, Self ... (Self Improvement And Motivational Book 1) Rescue Your Love Life: Changing Those Dumb Attitudes & Behaviors That Will Sink Your Marriage [UNABRIDGED] Healthy Habits for Healthy Kids Grade K Rewire: Change Your Brain to Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior Daily Self-Discipline: Everyday Habits and Exercises to Build Self-Discipline and Achieve Your Goals The Heart Treasure of the Enlightened Ones: The Practice of View, Meditation, and Action: A Discourse Virtuous in the Beginning, Middle, and End Deep Sleep: Brain Wave Subliminal (Brain Sync Series) (Brain Sync Audios) Cooking Healthy with a Food Processor: A Healthy Exchanges Cookbook (Healthy Exchanges Cookbooks) The Happy Teacher Habits: 11 Habits of the Happiest, Most Effective Teachers on Earth Defeating Burglar Alarms: How They Work, and How Burglars Bypass Them Making War/Making Peace (vol 3 of Defeating Terrorism/Developing Dreams : Beyond 9/11 and the Iraq War) Prayers That Rout Demons: Prayers for Defeating Demons and Overthrowing the Powers of Darkness Defeating Jihad: The Winnable War Making Diversity Work: 7 Steps for Defeating Bias in the Workplace An Easy-to-Understand Guide for Defeating Darwinism by Opening Minds

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