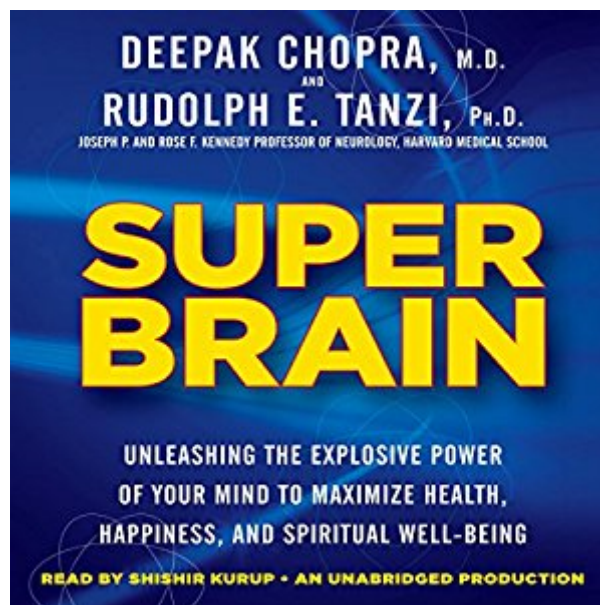




The book was found

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. Part 2: MAKING REALITY This part gives you information and knowledge to literally work on changing your brain from negative states of mind to positive states of mind. Part 3: MYSTERY AND PROMISE I thoroughly enjoyed this part because it goes into the biggest idea in all of science. Something to which I'm fascinated with, the question being "How does this three pound brain produce consciousness?" I think this is an incredible book that anyone can use to increase more positive states of mind. I've read hundreds of books on the brain and I think this one is one of the best because it gives you tools on how to work on changing your brain immediately.

I am fascinated by the research of the brain, mind, and consciousness. This book has changed my work in the way that I assist others in understanding they are in charge of their brain. I think this innovation can help others feel that they do not have to be victims of their own circumstances, they create their reality.

These two brilliant humans have done it again, giving us the momentum to reach beyond our perceived limitations to imagine, and therefore live, the reality that truly pleases us.

An Excellent Resource for Information that is easy to comprehend in the manner in which Deepak and Rudy write the book. Highlights and notes are on so many pages, it may be time to pull those pages out to use as ready reference. A book once you start to read you cannot put down~

New insights on the potential of the human brain and the human mind and its connection to the mind of God.

I love this book! It changed the way I view the mind/brain connection and I have been recommending it to everyone I know!

This is a must read book for anyone wanting a happy, healthy life, and a super brain. I grew up believing that the nerve paths of my brain were fixed and immutable. Science told us brain cells died over our lifetime and could not be regenerated, period. Super Brain helped me understand that's just not true!! I recently wrote an article on My Philosophy for Mental Fitness for HappyLiving.com. I credit Super Brain for evolving my philosophy to include "rewiring". My philosophy for mental fitness is simple: 1) feed it, 2) rest it, 3) exercise it, & 4) rewire it. Matt Gersper Founder of Happy Living, LLC

Mind/Body connection from a conscious versus brain perspective was thought provoking. A universal mind as God....mmmm God has been The Natural Life Force to me..but I do accept human ability to connect with one another on a nonverbal level over distances... Jewish prayers that refer to God of the Universe could be interpreted as a Universal mind perhaps. The which came first seems like the wrong question...

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Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain)
Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming)
Super Power Breathing: For Super Energy, High

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