



Mind Power: The Never Revealed Secret Ways To Achieve Greatness Using Mind Mastery And Neuroplasticity

John Waters

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Utilizing and effectively employing the power of your mind and your brain are essential prerequisites for achieving anything great in life. However, when it comes to the development of their own mind power or brain power many people are clueless. They are not even aware that they possess the means of changing their brain's circuitry through neuroplasticity based techniques. Neuroplasticity or brain plasticity refers to the brain's ability to change and adapt as a result of experience. The brain actually has the ability to reorganize itself by creating new neural pathways. So how do you go about increasing your mind power as well as your brain power so that they are both operating at an optimal level In his book entitled Mind Power: The Never Revealed Secret Ways To Achieve Greatness Using Mind Mastery And Neuroplasticity author John Waters shows you exactly how. He gives you a thorough understanding of how your brain functions and provides you with the tricks you need to achieve your greatest self—whether that be your most creative, attractive, intelligent, intuitive, or athletic side.

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