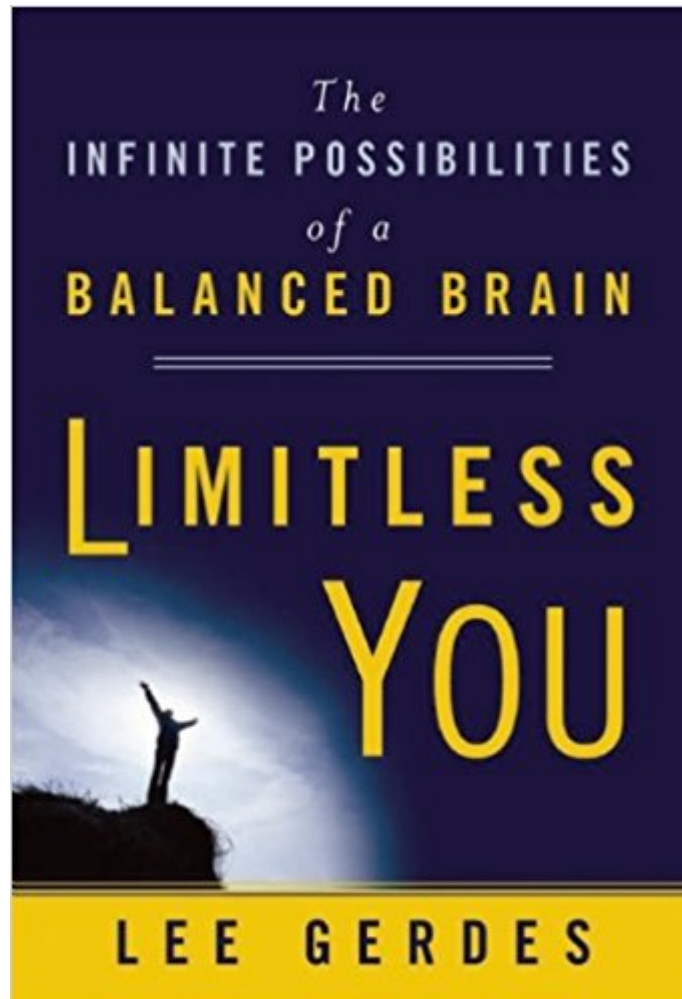


The book was found

Limitless You: The Infinite Possibilities Of A Balanced Brain



Synopsis

Thanks to advances in neuroplasticity, we now know that the brain can rewire its own network and thereby optimize its capabilities. Capitalizing on these advances, brain training invites the brain to become more in tune with itself. Limitless You explains this process, the many benefits of a balanced brain, and Brain State Technologies' approach to brain training.

Book Information

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Customer Reviews

Because of some presumptuous negative criticisms, I need to start with this: First off: I don't have a clinic. I have absolutely no fiduciary interest in this wonderful technology, the author, or this book. I have read some of the negative reviews and yes I suppose it would be fair to say that this book is a 'promotional advertisement' of sorts. After all, books, papers, speeches about 'some thing' are obviously promoting the author's - speakers ideas and what he has discovered that work. This book helps explain the origins, development, reasons, and results of using 'Brain State Technologies' brainwave training. I really like this book and bought it after I had done three of the 10, 1 1/2 to 2 hour sessions. Le Gerdes book helped me to understand how Brainwave Optimization works, and includes quite a few stories and testimonies about how efficacious it has been. After my 3rd session I noticed many positive changes like sleeping way better and sounder, very much more clarity of mind, no fogginess, calmness, lots better memory, greater mental acuity, easier recall, smoother speech and staying on track, no 'ticks', and just plain feeling better. I became interested after I heard a pretty smart, cautious, sensible man I know on a local radio station here in SE Michigan talk about how 'Brainwave Optimization' had helped him to finally get substantial relief from nearly a

lifetime of insomnia. After hearing him my interest was piqued because for several years I had been experiencing insomnia for which I was taking a variety of herbal and Dramamine sleep aids. So I went to the local clinic and got an evaluation, that said they could help, and then took the 10 sessions to 'balance my brain'. I feel that this was an answer to my prayers.

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