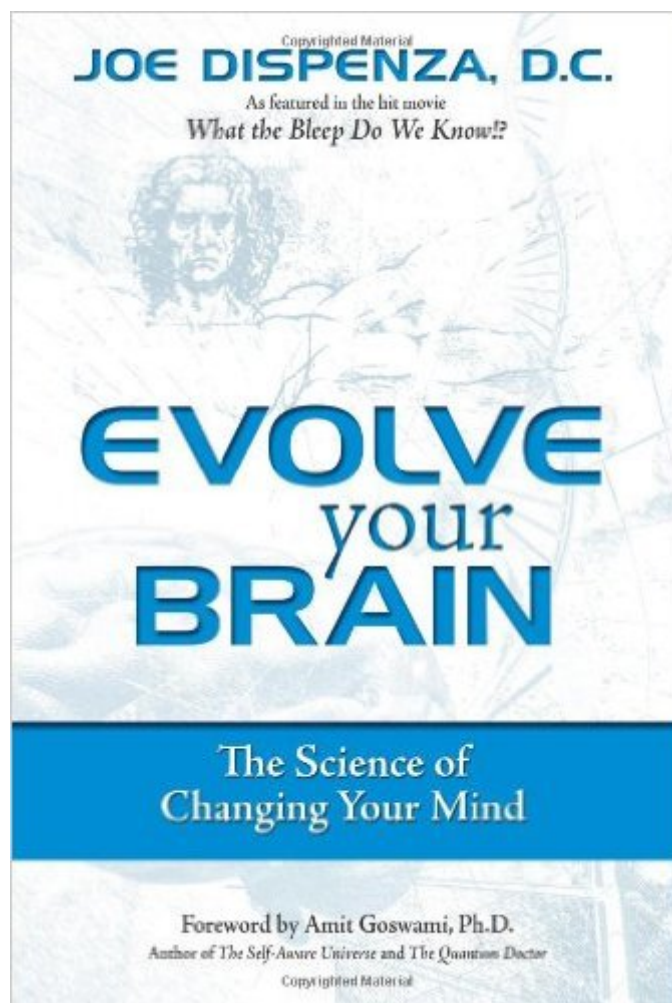


The book was found

Evolve Your Brain: The Science Of Changing Your Mind



Synopsis

Take Your First Step Toward True Evolution Ever wonder why you repeat the same negative thoughts in your head? Why you keep coming back for more from hurtful family members, friends, or significant others? Why you keep falling into the same detrimental habits or limiting attitudesâ•even when you know that they are going to make you feel bad? Dr. Joe Dispenza has spent decades studying the human mindâ•how it works, how it stores information, and why it perpetuates the same behavioral patterns over and over. In the acclaimed film *What the Bleep Do We Know!?* he began to explain how the brain evolvesâ•by learning new skills, developing the ability to concentrate in the midst of chaos, and even healing the body and the psyche. *Evolve Your Brain* presents this information in depth, while helping you take control of your mind, explaining how thoughts can create chemical reactions that keep you addicted to patterns and feelingsâ•including ones that make you unhappy. And when you know how these bad habits are created, it's possible to not only break these patterns, but also reprogram and evolve your brain, so that new, positive, and beneficial habits can take over. This is something you can start to do right now. You and only you have the power to change your mind and evolve your brain for a better lifeâ•for good.

Book Information

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Customer Reviews

I had no trouble whatsoever relating to Dr. Dispenza's descriptions of how the human brain functions. In fact, I found his no-nonsense discussions of the brain extremely refreshing and encouraging, especially in view of the fact that I was so sorely in need of obtaining a practical

working model of why large-scale healing and personal change are even possible. For me, the greatest value of Dr. Dispenza's book is in gaining the practical tools to heal. To that end, what healed Dr. Dispenza's multiple vertebral fractures was his level of consciousness and his ability to think. Without prior knowledge of how to help himself, he more than likely would have gone the conventional route of treatment and ended up as a cripple. And without the Four Pillars of Healing (well-described in the text), the cases of spontaneous remission presented by other people in the book would probably not have occurred. Thus, when all is said and done, the power of thought appears to be at the core of healing. To make this book more user-friendly for myself, I outlined what were, for me, its key points: 1) Decide who/what you want to be and create an ideal picture of that in your mind. 2) Allow the frontal lobe of your brain to fulfill its functions as your guide; the frontal lobe is so skillful that the only limitation on its ability to construct these models is your own skill at envisioning the ideal of yourself. The frontal lobe allows you to transcend the slow, linear process of evolution and to advance beyond the natural progression of adaptation. 3) Regularly rehearse the new attitudes and behaviors internally and externally, including at bedtime.

Overall I enjoyed reading this book, although I did find it somewhat misleading regarding the scientific "paradigm" it offers and the minority philosophical points underlying it, and I was disappointed that there was not more practical applications of the author's interesting model. My take on this book was almost the opposite of many of the other reviewers here who were either so impressed by the fact that someone would try to use science to support "free will" or so dismayed by the amount of neuroscience in this book. Neither of those things seems that impressive to me. There *is* a lot of neuroscience here, and much of it is better than average (for a popular non-technical book anyway), but there is also some crude and I think poorly thought out philosophy as well. And the ironic thing for me was that the principles the author espouses for change are pretty mundane and don't really require either the neuroscience or the "consciousness precedes matter" philosophy. The reasonable principles include such straightforward suggestions as envisioning your end point to organize action, using deliberate shifts of attention to change direction, using rehearsal to change habits, identifying destructive habits of thought, take responsibility for change, and make well-being a priority. Great ideas, but they don't really need the intro to neurosci or quantum physics in my opinion. Brain science would have been more appropriate if the author had gone into more details about how we make decisions, showing how to influence the thinking process (e.g. see

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