



Brain, Body Being: Five Secrets for Achieving Authentic Health and Happiness

By Dr Jay Kumar

Price World Publishing, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Happiness is a direction, not a destination! This is one of the many empowering messages advanced in Brain, Body Being . Based on the teachings and research by Dr. Jay Kumar, a leading expert and respected academic in the fields of brain science, happiness and personal transformation, this inspiring book and interactive e-book is a 21st century model to experience long-lasting, authentic health happiness. So, how is this book on how to get healthy and happy any different? For starters, it s based on the premise that your thoughts, feelings, actions, attitudes and behaviors can physically alter your brain structure, for better or for worse. When you consciously change your thoughts and shift the focus of your attention, you physically change your brain- and your life! The work provides a richer, more expansive approach that draws on the revelatory insights of timeless spiritual traditions as well as cutting-edge neuroscience. Here s the best part. All the tools you will ever need on this journey of personal transformation arise from within. There s no vitamin to buy, no...

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