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Controlling of your mind,
explaining how thoughts can
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that keep you addicted to
patterns and
feelings----including ones
that make you unhappy. And
when you do know how these

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bad habits are created, it's possible not to only break these patterns, but also reprogram and evolve your brain, so that new, positive, and beneficial habits can take over.

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Evolve Your Brain is
extremely technical;
Dispenza was trained as a
chiropractor and later
studied all sorts of other

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evolves, learns new skills,
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can create chemical
reactions that keep us
addicted to patterns and
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In Joe Dispenza, D.C.'s acclaimed book "Evolve Your Brain: The Science Of Changing Your Mind" he challenges the notion of this paradigm and counters it with contemporary science. You see, the secret

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behind getting really good
at something is simple –
practice, practice,
practice.

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Everything that we do takes place through the brain—how we think, how we act, how we feel, our relationships, our perceptions of the world around us—because our “self,” as a sentient being, is immersed and truly exists

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in the electrical web of our cellular brain tissue. Since we can't hope to evolve our brain without changing our mind and understanding the role of our feelings, Evolve Your Brain explores how they all interact with the body

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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.

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Now, in his empowering book
Evolve Your Brain he
explains how new thinking
and new beliefs can
literally rewire one's brain

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to change behaviour,
emotional reactions, and
habit forming patterns. Most
people are unaware of how
addicted they are to their
emotions, and how the brain
perpetuates those addictions
automatically.

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average person who wants to understand that science supports our ability to change, and that we, as human beings, have great potential.

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Evolve Your Brain: The Science of Changing Your Mind “This intelligence knows how to maintain order among all of the cells, tissues, organs, and systems of the body because it created the body from two

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Individual cells. Again, the power that made the body is the power that maintains and heals the body.

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including ones that make you
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beneficial habits can take over.

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The genetics of that species will change to support a new

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internal state, one that will help the species survive that external stimuli for generations to come. This is called survival of the species. It is a linear, slow process for most species.”. – Joe

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