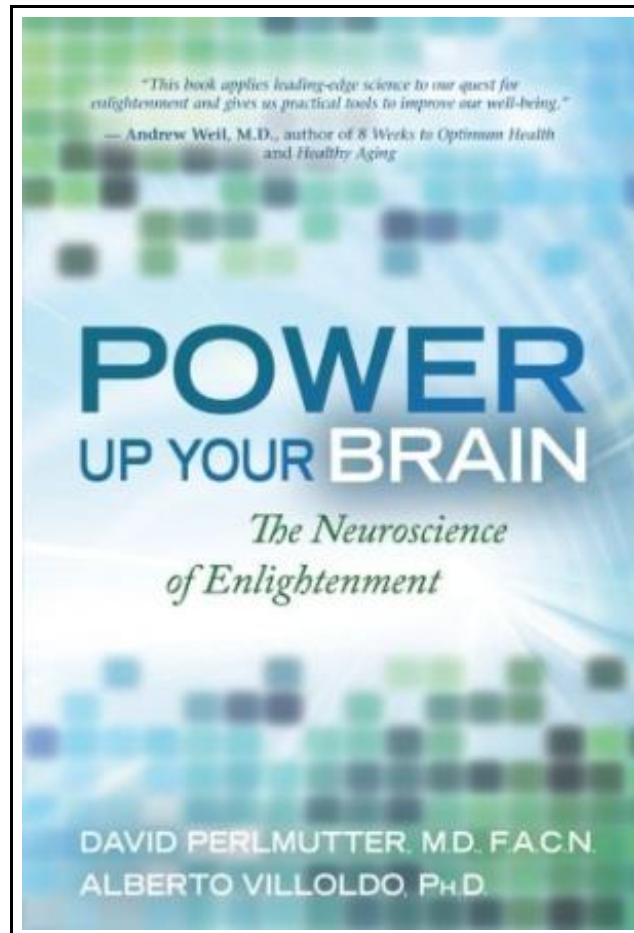


## Power Up Your Brain: the Neuroscience of Enlightenment (4th)



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Hay House Inc. Paperback. Book Condition: new. BRAND NEW, Power Up Your Brain: the Neuroscience of Enlightenment (4th), Perlmutter David & Villoldo Alberto, The quest for enlightenment has occupied mankind for millennia. And from the depictions we've seen - monks sitting on meditation cushions, nuns kneeling in prayer, shamans communing with the universe - it seems that this elusive state is reserved for a chosen few. But now, neuroscientist David Perlmutter and medical anthropologist and shaman Alberto Villoldo have come together to explore the commonalities between their specialties with the aim of making enlightenment possible for anyone. Joining the long-separated worlds of science and spirit, Perlmutter explores the exciting phenomena of neurogenesis and mitochondrial health, while Villoldo brings his vast knowledge of shamanic and spiritual practices. Drawing the most powerful tools from each discipline Perlmutter and Villoldo guide you through this groundbreaking, five-week program to help you overcome toxic emotions and awaken the power of your higher brain. Power Up Your Brain will show you how to: \* reduce your risk of devastating diseases like Alzheimer's, cancer, heart disease, and Parkinson's; \* overcome painful memories and break unhealthy emotional and behavioural pattern; and \* gain powerful clarity of thought to experience inner peace, creativity, and enlightenment - all without the use of prescription drugs! The nutritional advice, dietary supplements, fasting, and physical exercise outlined will not only help repair parts of your brain that have been affected by stress but also create a fertile environment to grow new brain cells and turn on the genes responsible for longevity, improved immunity, and enhanced brain function. And the shamanic practices, meditation, and visualizations will help bring online brain regions that allow for peace, compassion, innovation, and joy to arise naturally. Following the Power Up Your Brain program will help you clear your...



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