

Neuroplasticity is the brain's ability to change through experience. It has several powerful applications such as learning new info, mastering a skill, quitting bad habits, overcoming obsessions and compulsions, and recovering from injuries. Everyone's brain has the capacity for neuroplasticity, but not everyone is maximizing it. This book will tell you what you need to do to benefit from your brain's natural capacity to heal and improve itself – even if you're a newbie to neuroplasticity. What you will learn in this guide: Neuroplasticity in a Nutshell Taking Care of Your Brain's Health Stimulating Your Brain Developing Focus Managing Stress How to Use Neuroplasticity

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