



A Self-Healing Brain: A Gate to the Soul: Becoming Your Balance and Complete Self by Learning How to Work with Your Brain (Paperback)

By Roya R Rad

Balboa Press, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book gives the reader a depth of information about the brain and how to find an inner balance through brain work, in a few short and easy-to-comprehend pages. The chapters cover how to have a happy, spiritual, emotional, compassionate, rational, disciplined, creative, intelligent, intuitive, and social brain. Research indicates that the brain is elastic and has self-healing, self-reprogramming powers. This book makes the reader familiar with how that is and reports some practical ways to unleash those. A fully functioning human being who is complete and content lives through a fully functional brain. A balanced self has a balanced brain. A complete sense of self is not possible without a brain that is in a state of completeness, equilibrium, and stability. Our brain is the hardware of our soul, our essence, and the core of our being.



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