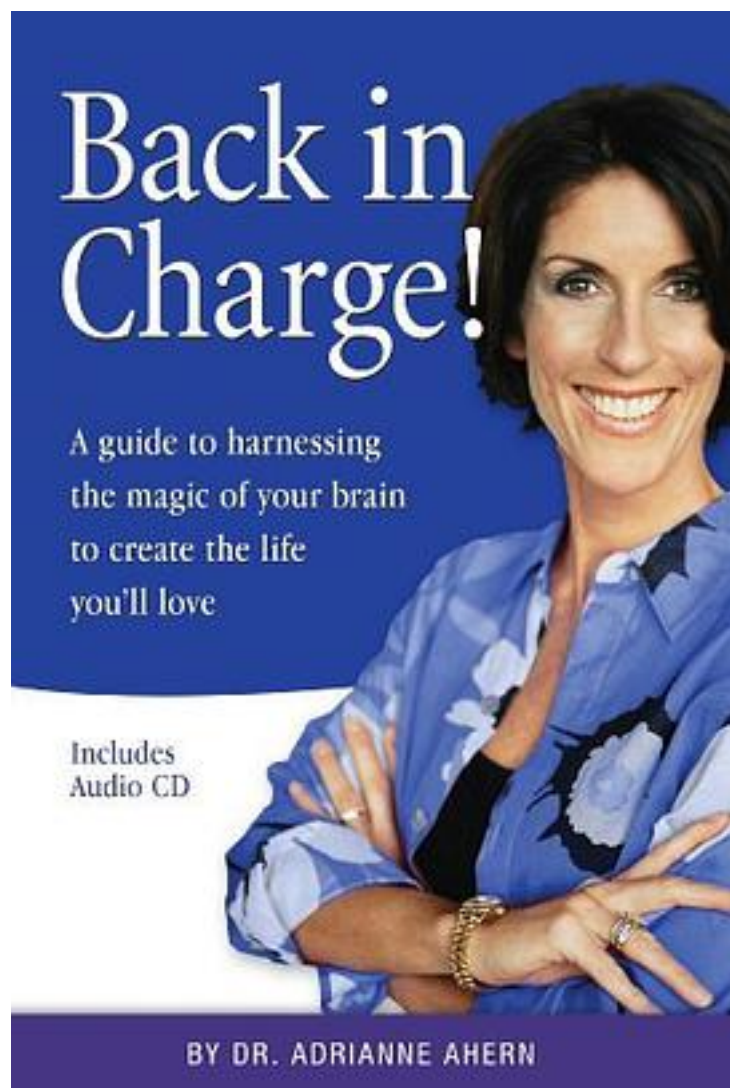


Back in Charge!



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Book & CD. Entertaining and insightful, this book breaks down the complexities of the brain's physiology, and illustrates how to apply recent breakthroughs in neuropsychology to daily life. Tackling issues that range from yo-yo diets to financial difficulties to dysfunctional relationships, the book is peppered with lively examples and practical exercises. The accompanying CD guides the reader through simple yet powerful processes that rewire the brain's physiology to work for, not against, goals and dreams that previously seemed out of reach. Based in science yet easy to comprehend, this is not just another motivational book but a down-to-earth handbook for those seeking permanent positive change.

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