



Change Your Brain, Change Your Life (Before 25): Change Your Developing Mind for Real-World Success

By Dr Jesse Payne

BRILLIANCE AUDIO, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 140 x 127 mm. Language: English . Brand New. Change Your Brain, Change Your Life (Before 25) is based on Dr. Jesse Payne s and Daniel Amen s work together with young people and parents and educators who work with young people. It is an owner s manual specifically written for the developing brain, packed with interesting information, relatable stories and easy-to-follow brain prescriptions and enhancement strategies. Its step-by-step instructions are tailored to optimize brain power while minimizing brain interference. The goal is to show listeners how to unlock the miraculous potential of the developing brain and rewire the young mind for a lifetime of real world success. In the vein of 7 Habits of Highly Effective Teens and How Children Achieve, Change Your Brain, Change Your Life (Before 25) will empower young listeners and the parents, educators, coaches and professionals who work with young people. A young brain is more than an adult brain with a few less miles on it. Its unique structure and chemical composition is constantly changing, growing and reshaping itself until around the age of 25. It s a brain especially primed to reach its full...



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