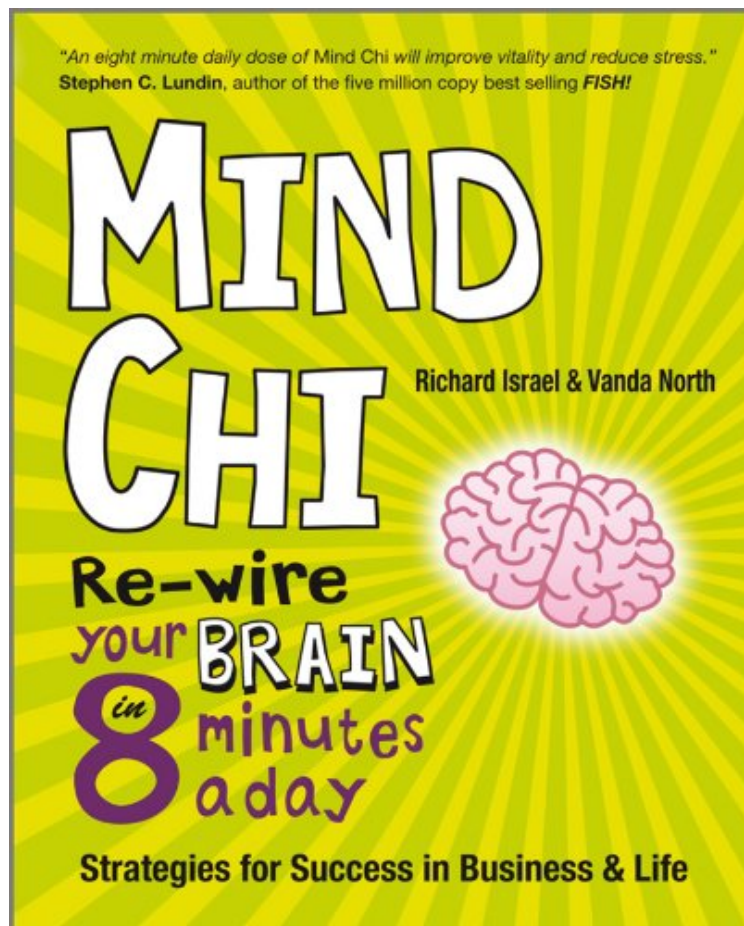


[Ebook free] Mind Chi: Re-wire Your Brain in 8 Minutes a Day -- Strategies for Success in Business and Life

Mind Chi: Re-wire Your Brain in 8 Minutes a Day -- Strategies for Success in Business and Life

Vanda North, Richard Israel

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ReadBy Gitta K. This book is meant to be used as a tool to gain a stress free, joyous life. It does the job! Every page in this book is meaningful. The simple exercise, if practiced, ends much of the mental struggle that we go through that wastes so much of our energy and time. I gained so much from the book. It is hard to describe all the benefits. You have to read it and see for yourself! 0 of 0 people found the following review helpful. I liked it. By Thomas Mooney It was good. It met my expectations and provided some very good advice based on years of experience in this particular field. I would recommend.

8 minutes a day is all it takes to open up a world of superior mental performance. Just as Tai Chi has been used for centuries to balance body and mind, Mind Chi will help you increase your mental energy and be more effective in everything you do. And all you need is 8 minutes a day... Mind Chi is a powerful synthesis of thought and action based on the most recent research into how the brain works. By following the simple, daily exercises in this book, you will raise your mental performance to a level you never thought possible. Discover: Sharper powers of concentration and information management Improved control over your attention span, memory, thoughts and feelings Fast and easy ways to reduce your stress and increase your confidence New positive habits, thoughts and mental resilience Fantastic energy levels, during and after your work day Plus: 50 Strategies for Success in Business Life "An eight minute daily dose of Mind Chi will improve vitality, reduce stress and allow us to see the many blessings of life more clearly." -- Stephen C. Lundin PhD, author of the five million copy bestselling FISH!

'Filled with encouraging advice... This simple guide to creative thinking provides techniques to improve memory and concentration.' (Healthy, March 2010) 'The aim of Mind Chi is to assist you to build, manage and direct your mental energy.' (The Business, December 2009) From the Back Cover You have limitless potential. Now use it. Just as Tai Chi has been used for centuries to balance body and mind, Mind Chi will help you increase our mental energy and be more effective in everything you do. And all you need is 8 minutes a day... What is Mind Chi? Mind Chi is a powerful synthesis of thought and action based on the most recent research into how the brain works. by following the simple, daily exercises in this book, you will raise your mental performance to a level you never thought possible. Discover: Sharper powers of concentration and information management Improved control over your attention span, memory, thoughts and feelings Fast and easy ways to reduce your stress and increase your confidence New positive habits, thoughts and mental resilience Fantastic energy levels, during and after your work day Plus 50 Strategies for Success in Business Life 8 minutes a day is all it takes to open up a world of superior mental performance. About the Author Richard Israel is a consultant, international speaker, trainer and co-author of the bestselling Brain\$ell with Tony Buzan. He has forty years of experience in sales and marketing, sales training, leadership, and mental literacy. Vanda North was President of the International Society for Accelerated Learning Teaching, and founded Buzan Centres worldwide for 20 years. Vanda has written several books and her inspiration is sought by leading commercial organizations, educational institutions and governments.