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THINK YOUR WAY
TO A BETTER LIFE

John B. Arden, Ph.D.

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Rewire Your Brain: Think Your Way to a Better Life, John B. Arden, How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were...

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