



Shifting Gears: A Brain-Based Approach to Engaging Your Best Self

Robin Rose

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Here's a fast, easy tour through the science of how your brain works and why breathing and self-talk matter. Make these connections and you'll experience a profound shift-immediately! Robin Rose translates the best from brain-based research into practical skills and strategies anybody can use. Field-tested on over 100,000 people, these are the core concepts that really work. This book will help you reduce stress, manage anger, and improve relationships. Take the express route to "better" - starting now!

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