

# Reprogram Your Brain for Happiness Progressive Mental Health: Social Brain Healing, DNA Extraction Strategies for Ending Rage (Hardback)



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## Reviews

*It is one of the best publications. It really is loaded with knowledge and wisdom. You may like the way the blogger writes this ebook.  
(Prof. Shannon Wehner PhD)*

## REPROGRAM YOUR BRAIN FOR HAPPINESS PROGRESSIVE MENTAL HEALTH: SOCIAL BRAIN HEALING, DNA EXTRACTION STRATEGIES FOR ENDING RAGE (HARDBACK)

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AUTHORHOUSE, United States, 2015. Hardback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you have issues of poor anger management, depression, anxiety, failure in your work or your love life, social phobias, financial problems, feelings of hopelessness, or just a lack of happiness in your life? If so, it is highly likely that your emotional mind, the limbic system and the amygdala functions of your brain, have been impacted. Did you know that your brain is your greatest asset? Your brain is not hardwired, and you can reprogram your brain for a successful life and a peaceful life. You can reprogram your brain to end dysfunctional symptoms like rage, depression, anxiety, compulsive overeating, or drug abuse. No matter what your current situation, you can use your brain to minimize negative thoughts and negative emotions. You can use your brain to maximize positive thinking. In this book, you will learn practical steps you can take to increase the happy hormones for your brain-endorphin, serotonin, and dopamine to reduce anxiety, rage, depression and increase your level of happiness, mental health goals, and sense of spiritual peace. You will learn the strategies of spiritual ancestors like Nelson Mandela, who endured and withstood the traumas of slavery and/or oppression but achieved success. To heal your mental health you need to know the truth of the human race, our relatedness and your ancestral history. You can incorporate the spiritual wisdom of your ancestors and delete the traits that interfere with emotional health for yourself and for others. This book begins that process of healing for happiness, peace and non-violence referred to as the Ta-Merrian way, which is the wisdom of ancestors. Imagine the wealth of what you can learn if you access the spiritual energy...



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