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# BECOMING AWARE: HOW TO REPATTERN YOUR BRAIN AND REVITALIZE YOUR LIFE



HAY HOUSE, United States, 2016. Paperback. Book Condition: New. Reprint. 213 x 137 mm. Language: English. Brand New Book. Lisa Garr wants you to stop going through the motions in life. She wants you to become aware. Her mission on her internationally syndicated radio program, The Aware Show and now in her first book is to inspire positive growth in all areas of life and bring conscious conversations into everyone s living room. Lisa s own story is remarkable....

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- Authored by Lisa Garr
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