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Breaking the Habit of
Being Yourself

How to Lose Your Mind and Create a New One



Dr. Joe Dispenza
The best-selling author of *Evolve Your Brain*

Books Details:

Title: Breaking The Habit of Being Y

Author: Dr. Joe Dispenza

Released: 2013-02-15

Language:

Pages: 360

ISBN: 1401938094

ISBN13: 9781401938093

ASIN: 1401938094

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Description:

You are not doomed by your genes and hardwired to be a certain way for the rest of your life. A new science is emerging that empowers all human beings to create the reality they choose. In

Breaking the Habit of Being Yourself, renowned author, speaker, researcher, and chiropractor **Dr. Joe Dispenza** combines the fields of quantum physics, neuroscience, brain chemistry, biology, and genetics to show you what is truly possible.

Not only will you be given the necessary knowledge to change any aspect of yourself, but you will be taught the step-by-step tools to apply what you learn in order to make measurable changes in *any* area of your life. Dr. Joe demystifies ancient understandings and bridges the gap between science and spirituality. Through his powerful workshops and lectures, thousands of people in 24 different countries have used these principles to change from the inside out. Once you break the habit of being yourself and truly change your mind, your life will never be the same!

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