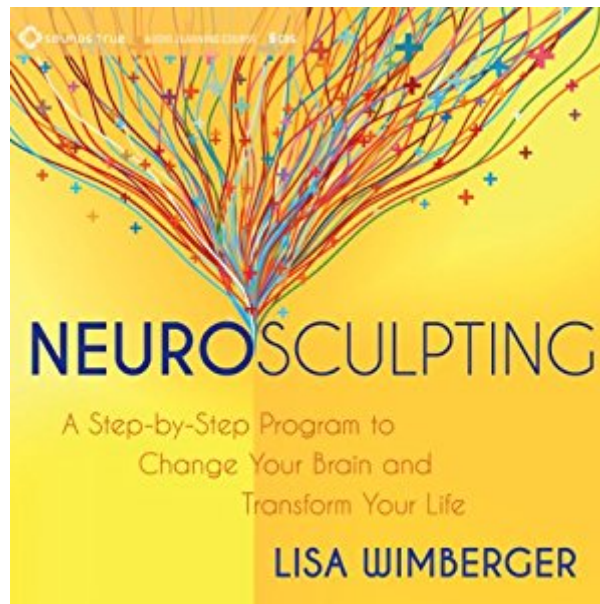


The book was found

Neurosculpting: A Step-by-Step Program To Change Your Brain And Transform Your Life



Synopsis

Scientifically grounded practices for healing and transformation. Modern neuroscience shows that what we do and think can change the physical structure of the brain - yet often this occurs unconsciously, when we habitually react to stress in unhealthy ways. Lisa Wimberger created Neurosculpting™ as a complete approach for consciously reshaping our brains for greater happiness, health, creativity, and compassion. With Neurosculpting, she offers you in-depth training in this powerful process for using meditation, mindfulness, diet, and unique daily practices to help you create positive, lasting changes in your brain - and your life. Rewiring your brain for resilience and happiness. The first step in Neurosculpting is to change the way you deal with stress. You'll learn why the brain instinctively responds to everyday stress as a physical threat - and how you can "rewrite the script" that your nervous system follows when stressful situations arise. From there, Lisa offers guided meditations and practical strategies to help you improve your physical and emotional health, discover calm and joy, clear self-limiting beliefs, increase your creative flexibility, and connect to others. Through her groundbreaking work with first-responders, Lisa Wimberger has discovered which practices have the greatest success for creating positive change at the neurological level. Rich with scientific research and proven techniques, Neurosculpting is a complete course for becoming an active agent in your own healing and transformation.

Book Information

Audible Audio Edition

Listening Length: 5 hours and 49 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

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Language: English

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Best Sellers Rank: #36 in Books > Medical Books > Psychology > Neuropsychology #46
in Books > Health, Fitness & Dieting > Psychology & Counseling > Neuropsychology #68
in Books > Self-Help > Stress Management

Customer Reviews

Ms. Wimberger has done an outstanding job with "Neurosculpting." From laying the ground work with very easy to understand, simple explanations of exactly what it is all the way through holding

your hand as your personal guide during the totally relaxing and transformative exercises/meditations. Over the last twenty-eight years I have experienced more than my fair share of a multitude of guided meditations and relaxation techniques in an effort to reframe my thinking and also destress my being. However, until I came across this KIT (I say that because it's so much more than just an audiobook) I had never relaxed so deeply, so quickly...and also never into what I felt was such an open state of mind to welcome change. Kudos to Lisa - she's clearly beyond expert level on this and I'm grateful to have landed upon the gift of her unique brilliance!

I have spent many hours in audio self-help and meditation books and I love them and do feel I have made some wonderful changes just listening while driving for miles to work and back. This is different and I am finding it touching a different part of the assimilation of many different sources and feeling excited by the possibilities. I am looking forward to using this and listening to it many times. It is the first time I have actually had a full body experience in a meditation. Highly recommended. The beginning felt a little shallow to me but it gave a lot of background information that was helpful to the understanding of the process.

The information contained in these CD's have the power to ignite change in your life. The info (on neuroplasticity and how the brain functions) is consistent with what I've read in other sources, but was well said and easy to understand. The meditations are simple, yet powerful because they engage neurobiology and imagination to produce learning/change.

Really there should be a 10 star choice because this audio program is truly that good. I have attended Lisa's workshops and various classes that she has facilitated, her classes and these easy to follow CD's are indeed life changing. The CD's really felt familiar and followed the information that was presented in a live classroom setting. I am using the meditations and tools Lisa provides personally and it has brought my meditation practice to a new level and in tears I watched her apply these methods to help re map a good friend and client's programming, (changing her biology of belief?) bringing life and movement to fingers that have been frozen in trauma, powerful work that will help everybody who takes a moment, an opportunity to change old programming and beliefs that are in contrast to who you really are. Highly, Highly recommend!

This came at the perfect time for me. I have had an over the top reaction to ants crawling on me since a traumatic incident with fire ants when I was 8. Three days after my package came, my home

was inundated with black ants. After my initial freak out, I was able to bring myself back to a calm state and tackle the job of ant annihilation without being thoroughly creeped out, because of techniques I learned from Lisa Wimberger and neuro sculpting techniques. She is an excellent teacher and her guided meditations are very easy to follow

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