

Mental: Learning to Regulate the Chatter

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Reviews

A top quality ebook and the typeface used was interesting to read through. It is rally intriguing through reading through period. You wont feel monotony at anytime of the time (that's what catalogues are for relating to when you ask me). **(Estelle Donnelly)**

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MENTAL: LEARNING TO REGULATE THE CHATTER



Taylor-Made Concepts, LLC. Paperback. Condition: New. 156 pages. Dimensions: 8.0in. x 5.2in. x 0.4in. The chatter in your head that never shuts up. By design, the chatter is constantly running without any effort from you. Thats why we call it chatter. It was over thirty years ago as a young athlete and soon to be graduating senior from Purdue University that I quickly became aware of the chatter. That negative rant in my head that would just keep playing the same words over and over. Science and technology have come a long was since that time, specifically, the field of Neuroscience. We are learning more now than ever before in history about the brain and how thoughts and emotions impact different body functions. The fact is, that chatter is designed to help you achieve in life. What is intended for your good actually becomes your enemy from within if you are not careful with its magnificent power. As in all great power, without discipline, great power becomes a great weakness. The chatter in your head is an asset; a great strength designed and imparted to you. You must learn how to use it. More importantly, learn to use it on demand. And then, teach it. This book is the latest in science, rooted in scripture and made user-friendly. It is dedicated to you understanding the chatter, realizing the gift and taking responsibility for the gift in your own life. Based on the study of Emotional Intelligence and Neuroscience. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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