



## Neurosculpting: A Whole-Brain Approach to Heal Trauma, Rewrite Limiting Beliefs, and Find Wholeness

By Lisa Wimberger

SOUNDS TRUE INC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. The synthesis of meditation and modern neuroscience has sparked a revolution-more than ever, we can use specific practices to create positive, lasting changes in our brains. Lisa Wimberger experienced the power of neuroplasticity firsthand. When conventional medicine offered no answers for her deadly seizures, she created her own regimen of meditation and life practices to heal herself. Today, Lisa has successfully taught her Neurosculpting? method to veterans, first responders, and clients in the most stressful occupations. With Neurosculpting, she brings readers a complete guide to this life-changing process, featuring transformative insights and techniques for: Engaging the mind-body connection to shape our neural pathways with positive choices and intentions Disarming stress triggers, healing trauma, rewriting limiting beliefs, and liberating yourself from unhealthy habits Whole-brained meditation-bringing your brain s left and right hemispheres into harmony to awaken your full potential Integrating lifestyle, diet, exercise, and spiritual practice to create the ideal environment for healing and happiness Putting it all together-practical guidance for personalizing your own approach to Neurosculpting If you could learn to squeeze the vibrancy and beauty out of each moment...



**READ ONLINE**  
[ 2.86 MB ]

### Reviews

*This ebook is wonderful. It generally fails to price too much. Your lifestyle period will be transform as soon as you comprehensive reading this ebook.*  
-- **Otho Bergstrom**

*This written ebook is wonderful. This is certainly for anyone who statte there was not a really worth studying. You may like how the author compose this pdf.*  
-- **Odessa Graham**

## See Also



**The Healthy Lunchbox How to Plan Prepare and Pack Stress Free Meals Kids Will Love by American Diabetes Association Staff Marie McLendon and Cristy Shauck 2005 Paperback**

Book Condition: Brand New. Book Condition: Brand New.



**THE Key to My Children Series: Evan s Eyebrows Say Yes**

AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 274 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.THE KEY TO MY CHILDREN SERIES: EVAN S EYEBROWS SAY YES is about a three year old little boy who...



**Weebies Family Halloween Night English Language: English Language British Full Colour**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



**Preventing Childhood Eating Problems : A Practical, Positive Approach to Raising Kids Free of Food and Weight Conflicts**

Book Condition: Brand New. Book Condition: Brand New.



**The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds**

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds, Nicola Baxter, Geoff Ball, This is a super-size first reading book for 3-5 year olds, with an engaging story, colourful pictures...



**Becoming Barenaked: Leaving a Six Figure Career, Selling All of Our Crap, Pulling the Kids Out of School, and Buying an RV We Hit the Road in Search Our Own American Dream. Redefining What It Meant to Be a Family in America.**

Createspace, United States, 2015. Paperback. Book Condition: New. 258 x 208 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This isn t porn. Everyone always asks and some of our family thinks it is for sure.but its not...