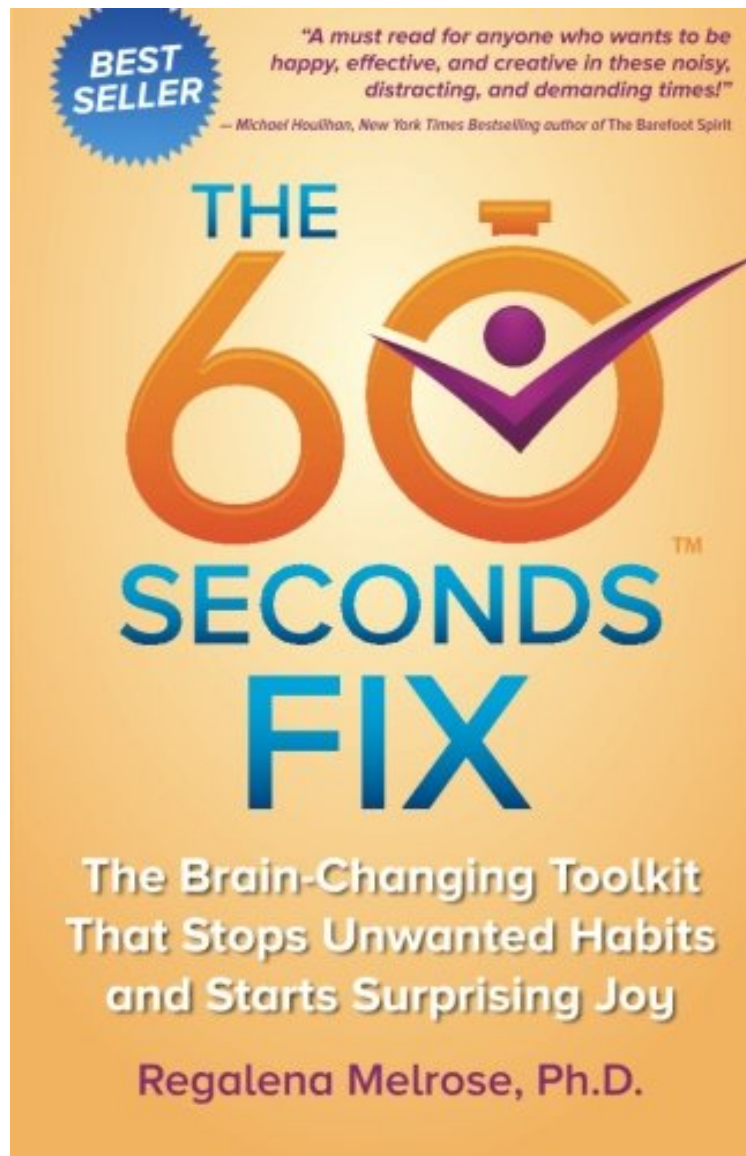


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The 60 Seconds Fix: The Brain Changing Toolkit That Stops Unwanted Habits and Starts Surprising Joy

Regalena Melrose

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Regalena Melrose : The 60 Seconds Fix: The Brain Changing Toolkit That Stops Unwanted Habits and Starts Surprising Joy before purchasing it in order to gage whether or not it would be worth my time, and all praised The 60 Seconds Fix: The Brain Changing Toolkit That Stops Unwanted Habits and Starts Surprising Joy:

3 of 3 people found the following review helpful. Incredible, life changing book!By Steve SeppanenA simply amazing resource. This book is easy to pick up and read, and its message is clearly conveyed without being too formal. Dr. Reggie has a wonderful knack of sharing her science-based knowledge in a playful way, helping to make this book so enjoyable. I seriously didn't believe it would be so easy to change the way my brain works by using 5 simple 'tools', and in such a short period of time. The explanation of brain change is excellent, and remarkably understandable. Since learning and applying 60 Seconds as part of my daily routine, my blood pressure has reduced to a point where I am off medication, along with the dreaded side effects. I open my 'tool kit' multiple times daily - often without thinking about it. This process has become automatic in most instances - incredible! I share my 60 Seconds experience with everyone, as the message and tools included in this book have seriously changed my life.0 of 0 people found the following review helpful. A gem to keep on your nightstand!By michael j balogDr. Reggie's book is as enlightening as it is uplifting. I am someone who has been regularly "grounding" myself for years. This book takes my grounding practice even further, connecting me more fully to what is happening inside of my body and my mind, helping me to be more fully present, aware and NOTICING more than ever before. The piece that has stuck with me most is about noticing the pleasant and positive sensations versus focusing on where there is pain and discomfort. I have always known that what "I focus on expands", but somehow I thought that going to the stuck or heavy parts in my body would more quickly release the pain. Not so! Dr. Reggie's quick and easy 5 step process is beautifully supported by neuroscience and has the power to transform anyone's life by assisting in creating healthy and positive neural pathways that support us in living our best, most expansive lives!1 of 1 people found the following review helpful. Sixty second Fix Really Does It!By borgy borgyThis is an amazingly user friendly, child-centered little book. Parents and teachers will really benefit from using these strategies on themselves and with their children. Judith McBride, Ph. D.

RELIEVE STRESS IN 60 SECONDS OR LESS! The 60 Seconds Fix is the timely response to our collective calling for quicker, easier solutions to our stressful lives. Keeping up with our fast-paced, technologically driven world has stressed us beyond tolerance and we're tired of not feeling good! In an easy, fun, and experiential format, The 60 Seconds Fix empowers us all: · To notice quickly when we are in or out of The Zone: the feeling good place of optimum arousal that makes peak performance possible · To savor more abundantly the times when we are in The Zone performing our best · To know exactly how to get back in The Zone fast to feel good and perform well no matter what our endeavor Within the pages of this book, Dr. Regalena "Reggie" Melrose keeps us laughing about the way we are currently juggling it all while giving us a solid, practical toolkit that will have us feeling less stressed and more playful, less worried and more joyful. Everyone around us will thank us for reading this book!

About the AuthorClinical and school psychologist Dr. Regalena 'Reggie' Melrose is the creator of Brain Charge: The K-12 Curriculum and the author of the ground-breaking books, You Can Heal Your Child (Bush Street Press, 2009) and Why Students Underachieve (Rowman Littlefield, 2006). She is a sought-after international speaker and consultant specializing in the application of current neuroscience to educational practice and parenting. Dr. Melrose maintains a successful private practice in Long Beach, CA as a stress and trauma-healing specialist for children, adolescents, and adults.