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CHAPTER I

“Bad” experiences often bring freedom and open the door to a better future.

CHAPTER II

Life Mastery; no matter where your life ends, everything originates in your brain.

❖ Science

❖ Stories

❖ Brain redesigning techniques that will transform your life.

1. Thanks to our three brains, three different people live in our head! – reptilian (instinctive/reactive), emotional (hates pain and loves pleasure), logical (complex cognitive behaviour).
2. Your thoughts and your actions activate your genes! It’s your life! Take control.
3. Tap the power by using your brain’s amazing plasticity and growth power.
4. Your personality isn’t yours – it is a stored collection of everyone else’s thoughts, memories and actions; it’s time to break through.
5. Ageing, sickness and death are inevitable - the lies we tell ourselves.
6. Living together with your nemesis; amygdala: the centre of fear, anxiety, doubts, low self-esteem and disease.
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3. To provide power to trillions of cells, our body produces large amount of waste that needs to be recycled or excreted.
4. Sleep, meditation and relaxation.
5. Basic human needs; connection and love.
6. Basic human needs; safety and growth.
7. Basic human needs; significance and fulfilment.
8. Spirituality is limitless consciousness; it is immortality.

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