



Training Your Brain To Adopt Healthful Habits: Mastering The Five Brain Challenges

By Ph.D. Jodie A Trafton, Ph.D. Willaim P. Gordon, M.A. Supriya Misra

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This is the only book of its kind that integrates study of brain function with the skills needed to make a meaningful and enduring change in health-related goals. Apply the five key brain challenges by following a systematic and thought-provoking series of exercises at the end of each challenge. We provide the knowledge and resources to overcome relapse and refine your skills as part of a lifelong quest to optimize your health and wellness.

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- Sales Rank: #966390 in Books
- Published on: 2011
- Number of items: 1
- Binding: Paperback

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