



The One-Minute Brain Trainer : The Neuro-Psychology of Winning

Pierre Provost

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Instantly program your mind for success in one minute with 3 powerful strategies that are guaranteed to change your brain and change your life.

Unleash the power of your mind to skyrocket your self-confidence, eliminate procrastination and mind wandering.

You will learn how to use... One-Minute Brainwaves, One-Minute Beliefs, and One-Minute Behaviors to quickly and easily build your brainpower for personal excellence whether you be a business owner, a salesperson, an athlete, a musician, an entertainer, a writer, a student or a parent.

"You are holding in your hands the knowledge you need to take your life to the next level, take it, use it and share it with everyone you know as a gift."

It's the most important book you will ever read!

- What is the stranger's quest
- Help from the One-Minute Brain Trainer
- The First Secret Brain Code
- Your One-Minute Brainwave Checklist
- The Second Secret Brain Code
- Your One-Minute Belief Checklist
- The Brain Master Audit
- The Third Secret Brain Code
- Your One-Minute Behavior Checklist
- The Power Of The Brain Explained
- Your One-Minute Brain Tools
- Your One-Minute Brain Tool Checklist
- Why One-Minute Beliefs Work
- Why One-Minute Behaviors Work
- Your 30-Day Challenge
- The Gift Inside You To Give
- One Favor The One-Minute Brain Trainer Asks Of You

Reviews

"Pierre Provost's latest book "The One-Minute Brain Trainer" is more than just an excellent, entertaining and engaging read. It is one of the most important books you will ever read. Pierre has captured everything you need to know about caring for one of your most precious assets your amazing 3-pound human brain. I recommend this great non-technical, story-form book to every brain owner looking for top mental functioning. It is an excellent investment.

~ Dr. Jill Ammon-Wexler, Pioneer brain/mind researcher Founder of the Quantum Brain Gym

“Congratulations on your magnificent Success & Well-Being Masterpiece!!! Your amazing work is one of the simplest, most comprehensive and powerful Success Systems ever written, that will bless the lives of all who read it. I greatly look forward to learning, using and sharing “The One-Minute Brain Trainer” with others. Thank you for writing and sharing it; I will be more than happy to endorse and promote your masterpiece always.”

~ Dr. Joy Macci, President

“I just read The One-Minute Brain Trainer and I love it. Congratulations!”

~ John Assaraf, Multi-millionaire and best-selling co-author of The Answer

“Pierre Provost's latest book, The One-Minute Brain Trainer, is amazing. For years I have been teaching about metaphysics and success and now we have proof from neuroscientists that we do indeed create our own reality. As you read this powerful story of a neuroscientist who discovered the secrets to success you will be inspired to immediately take control of your own destiny and you will know HOW TO. This book is recommended by me 110%. Again Pierre amazing work to help us all. THANK YOU.”

~ Michele Blood, Creator of the psychological discovery MusiVation.

About the Author

Pierre Provost is a best-selling author, educator and consultant/brain trainer. He is the author of the highly acclaimed Mental Training for Winning Series. It is a widely used bible on motivation and peak performance.

Mr. Provost holds a B.A. in Psychology and Physical Education and a M.Sc. in Kinesiology from the University of Ottawa. He is a certified teacher who has taught at all levels of education and trained thousands of people at workshops and seminars across Canada and the United States. He has shared the speaking platform with best-selling authors, world champions and gold medal winners. He has advised professional athletes, business people and multi-millionaires in peak performance psychology, copywriting and marketing.

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From reader reviews:

Christine Willis:

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Clyde Traynor:

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Jamie Wallace:

Playing with family inside a park, coming to see the sea world or hanging out with friends is thing that usually you may have done when you have spare time, and then why you don't try issue that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love *The One-Minute Brain Trainer : The Neuro-Psychology of Winning*, you are able to enjoy both. It is great combination right, you still would like to miss it? What kind of hang type is it? Oh can happen its mind hangout fellas. What? Still don't get it, oh come on its named reading friends.

Henry Heath:

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