



Good Brain, Bad Brain, Your Brain: The Messy Business of Thinking: Outthink your Brain and Realize your Potential

Michaelene Conner

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The brain is the most complex and magnificent organ of the human body represented by a mesh of biology, genetics, and temperament. Composed of 100 billion neurons, each neuron connected to 10 thousand other neurons. Our brains are filled with mystery and revelations processing a constant stream of sensory data. Our brain controls awareness of the environment including voluntary and involuntary movement. It looks forward to life with optimism and fervent aspirations. It can promote success or demise depending on how and what it thinks. Every creative thought, feeling and idea is imagined and developed by our brain. Our brain has the power to provide us with infinite possibilities - retrain the brain and change your life. Grow the brain and reach your potential. Good Brain Bad Brain Your Brain is about how your brain thinks and how to grow, understand and reclaim your mental cognizance.

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Carmen Helton:

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