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The End of Stress: Four Steps to Rewire Your Brain

Don Joseph Goewey

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We all know that stress is serious. If ignored too long, it becomes life-threateningly serious. Yet 83 percent of Americans are doing nothing about it. Don’t be one of them. There’s now a solution to stress that literally rewires your brain for a life of doing well, and being well, on your way to flourishing.

The most important brain discovery in the last 400 years concerns a simple but powerful shift in attitude that can change a brain wired for stress into a brain powered for success. This specific shift literally rewires the brain to deliver the full measure of intelligence, creativity, and emotional balance that enables you to flourish instead of struggle. It’s a higher state of mind anyone can attain stimulating the higher brain function that unblocks the health, wealth, and love we all desire.

Fail to make this shift and you will lack the brainpower to fulfill your dreams. Your stress provoking brain will continue to dump toxic stress hormones into your system, shrinking brain mass, limiting brain bandwidth, depressing your emotional set point, and shortening your lifespan.

You can solve these problems and fulfill your aspirations. *The End of Stress: Four Steps to Rewire Your Brain* guides you through an evidence-based process that achieves this powerful shift. The book is designed as a workshop-in-a-book, supported by a website of tools, audio files, and materials that make it easy.

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