



Focusing the Whole Brain

Ronald Russell

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Imagine a technique that would allow you to conduct your own explorations into consciousness. Imagine that this technique is safe, inexpensive, easy to use, and endlessly versatile. Imagine Hemi-Sync.

Invented by sound engineer Robert A. Monroe more than 30 years ago, Hemi-Sync uses audio technology to synchronize the functioning of the two hemispheres of the brain. For more than three decades, people have been finding more and more creative uses for it. So many uses, in fact, that it's time for an overview of various practical applications.

- assisting personal growth and development
- in medicine
- in psychiatry and psychotherapy with autistic children
- in nursing homes
- in sleep training
- in education
- and many more fields

Hemi-Sync appeals to professionals in many disciplines. Today trainers and workshop presenters in some twenty countries and individuals from fifty countries have traveled to attend courses employing Hemi-Sync at The Monroe Institute in Virginia. Countless more use Hemi-Sync CDs and tapes for specific purposes.

Focusing the Whole Brain provides a readable introduction to a whole new world of abilities greater than you ever thought possible.

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Todd Jacob:

A lot of people always spent their particular free time to vacation as well as go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity that's look different you can read a book. It is really fun for yourself. If you enjoy the book that you just read you can spent all day every day to reading a reserve. The book Focusing the Whole Brain it is very good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. Should you did not have enough space to develop this book you can buy the particular e-book. You can m0ore quickly to read this book from your smart phone. The price is not to fund but this book has high quality.

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