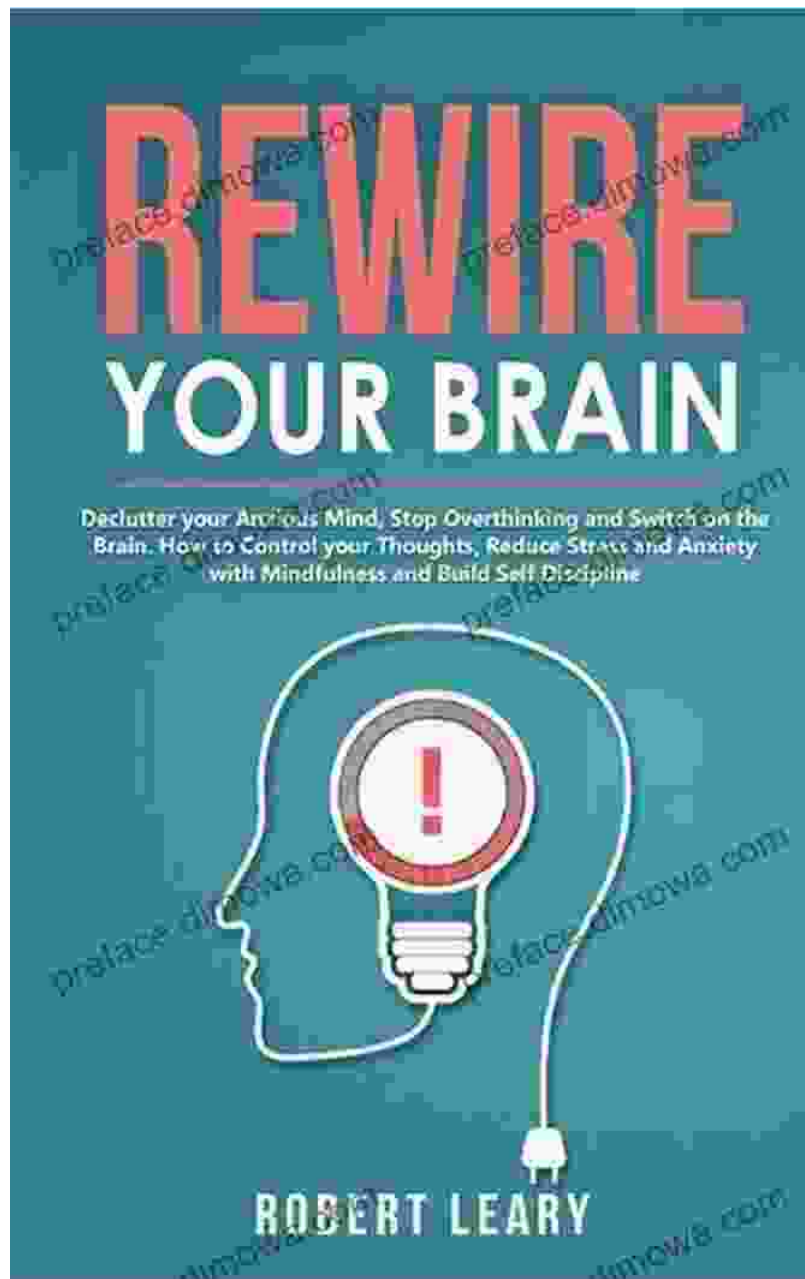


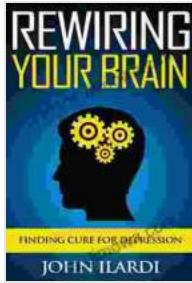
Rewire Your Brain: The Revolutionary Guide to Breaking Bad Habits, Building New Ones, and Achieving Lasting Change



Rewiring Your Brain by Deneen Vukelic

★★★★☆ 4.7 out of 5

Language : English



File size	: 436 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 26 pages



Are you ready to break free from the chains of bad habits and start living the life you've always dreamed of? In her groundbreaking book, *Rewiring Your Brain*, Deneen Vukelic reveals the science behind habit formation and provides a step-by-step guide to rewiring your brain for lasting change.

Vukelic draws on the latest research in neuroscience to explain how our brains are wired for habits. She shows how our brains create neural pathways that reinforce our behaviors, both good and bad. But she also shows that these pathways can be changed, and that we have the power to rewire our brains for the better.

Rewiring Your Brain is not just another self-help book. It is a practical, evidence-based guide that will help you:

- Identify the triggers that cause your bad habits
- Develop strategies to break free from these triggers
- Create new, healthy habits that will stick
- Overcome the challenges that you will inevitably face along the way

If you are ready to make a lasting change in your life, *Rewiring Your Brain* is the book for you. With Vukelic's guidance, you can learn how to rewire your brain for success and achieve the life you've always wanted.

What Others Are Saying About Rewiring Your Brain

"*Rewiring Your Brain* is a must-read for anyone who wants to break free from bad habits and create lasting change. Vukelic's insights are based on the latest research in neuroscience, and her step-by-step guide is practical and easy to follow. I highly recommend this book." —**Dr. Mark Hyman, MD, New York Times bestselling author of *The Blood Sugar Solution***

"*Rewiring Your Brain* is a game-changer. Vukelic provides a clear and concise explanation of how our brains work, and she offers a proven method for rewiring our brains for the better. This book is a must-read for anyone who wants to improve their life." —**Dr. David Perlmutter, MD, New York Times bestselling author of *Grain Brain***

"*Rewiring Your Brain* is a groundbreaking book that will change the way you think about habits. Vukelic's research is cutting-edge, and her insights are life-changing. This book is a must-read for anyone who wants to live a happier, healthier, and more fulfilling life." —**JJ Virgin, CNS, CHFS, New York Times bestselling author of *The Virgin Diet***

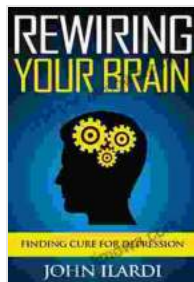
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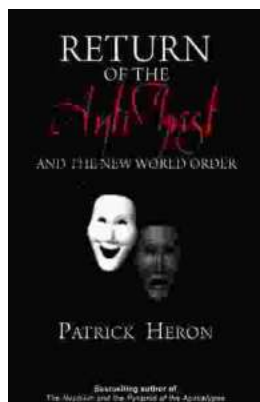
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