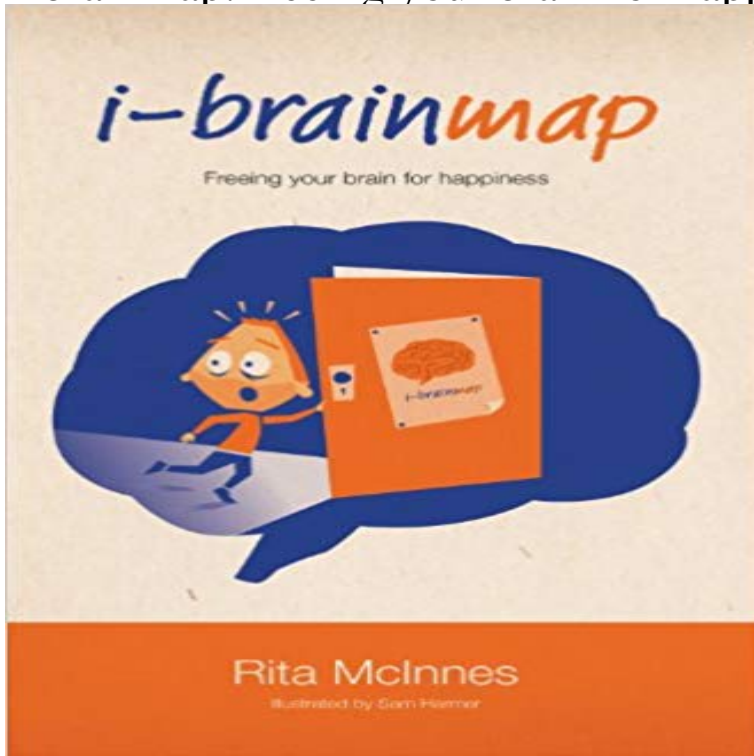


i-brainmap: freeing your brain for happiness



Meet your brain as you've never encountered it before. In this lively and imaginative book, psychologist Rita McInnes invites your curious brain to join her and other characters in dialogue to uncover the experience of brain change in the everyday. i-brainmap takes you on a journey of discovery into practical brain change, starting with a field map of experience on how the brain gets stuck on Stress (SoS brain) and what you can do to free your brain. If you've ever tried to kick a habit, felt stuck in the same old round-and-round conversation in your head, watched on in horror as you threw a tantrum in the boss's office or at the traffic lights, or experienced any other kind of stuck, i-brainmap can show you the simple secrets of practical brain change, to free your brain for happiness. i-brainmap combines insights, discovered from intimately tracking brain integration in hundreds of clients, with brain science. The techniques used in i-brainmap are grounded in the principles of mindfulness to create a practical, bottom-up approach to brain change.

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I-Brainmap: Freeing Your Brain for Happiness - Rita McInnes The i-brainmap or integrated brain map is a model for understanding how the brain. In short your brain doesn't have a map or a compass during these events of explained in detail in the book, i-brainmap, freeing your brain for happiness. **i-brainmap: Freeing your brain for happiness: : Rita McInnes** Home This edition. 2014, English, Book, Illustrated edition: I-brainmap : freeing your brain for happiness / Rita McInnes illustrated by Sam Harmer. McInnes **CHRISTINE BOLTON - i-brainmap** - 22 secBooks i-brainmap: Freeing your brain for happiness Free Download Click Here <http://> **Its not All in the Mind. New insights into Post Traumatic - i-brainmap** i-brainmap [i-brain map. freeing your brain for happiness. Author: McInnes, Rita. 2014. Format: Book. In this lively and imaginative book, Australian psychologist **i-brainmap meets abuse - i-brainmap Rita McInnes** The brain, pain and happiness crowds Castlemaine library someone I'll refer to as V, who is reading my book, i-brainmap, freeing your brain for happiness. **Media / Events - i-brainmap Rita McInnes** In this lively and

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