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Awakening the Mind: A Guide to Mastering the Power of Your Brain Waves

By Anna Wise

Tarcher. Paperback. Condition: New. 272 pages. Dimensions: 8.9in. x 6.0in. x 0.9in. Each moment of our lives, from birth to death, our brains are engaged in an endless symphony of patterns. In *Awakening the Mind*, Anna Wise reveals how a careful understanding of the four types of brain waves, and the practice of carefully designed meditation exercises that lead to a mastery of each type, can vastly improve everyday focus, memory, concentration, and overall mental awareness. Over the past three decades, Wise has measured the brain-wave patterns of spiritual teachers, artists, high-performing businessmen, athletes, and other highly creative and productive individuals. She discovered that, during periods of peak mental awareness and clarity, they all exhibited a specific brain-wave pattern in which the four categories of brain waves—alpha, beta, theta, and delta—combined in a distinct configuration. In this book, Wise provides meditation exercises specially developed to lead readers to achieve that heightened mental state referred to as the Awakened Mind. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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Reviews

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-- Prof. Dan Windler MD