Meditation for Brain Power

The Healing Brain: Brain Power

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The Healing Brain: Brain Power is a book by Henry Spilberg, Reader's Digest Association. It discusses the healing power of the brain, emphasizing that the brain has more power than all other parts of the body. The book explores topics such as neuroplasticity, self-healing, and the role of the brain in recovery from various conditions. It also covers the healing properties of foods and supplements, as well as the importance of mental practices like meditation.

The Healing Brain: Brain Power is available in various formats, including print, audiobook, and Kindle. It is written in an accessible style, making complex scientific concepts understandable to a broad audience.

The book is recommended for anyone interested in understanding the brain's incredible healing capabilities and how to harness them for personal growth and well-being.