



Neurosculpting: A Whole-Brain Approach to Heal Trauma, Rewrite Limiting Beliefs, and Find Wholeness

Lisa Wimberger

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The synthesis of meditation and modern neuroscience has sparked a revolution--more than ever, we can use specific practices to create positive, lasting changes in our brains. Lisa Wimberger experienced the power of neuroplasticity firsthand. When conventional medicine offered no answers for her deadly seizures, she created her own regimen of meditation and life practices to heal herself. Today, Lisa has successfully taught her Neurosculpting(R) method to veterans, first responders, and clients in the most stressful occupations. With *Neurosculpting*, she brings readers a complete guide to this life-changing process, featuring transformative insights and techniques for:

- Engaging the mind-body connection to shape our neural pathways with positive choices and intentions
- Disarming stress triggers, healing trauma, rewriting limiting beliefs, and liberating yourself from unhealthy habits
- Whole-brained meditation--bringing your brain's left and right hemispheres into harmony to awaken your full potential
- Integrating lifestyle, diet, exercise, and spiritual practice to create the ideal environment for healing and happiness
- Putting it all together--practical guidance for personalizing your own approach to Neurosculpting

"If you could learn to squeeze the vibrancy and beauty out of each moment of your life," writes Wimberger, "would you say yes to a practice that could get you there?" With an engaging, layman-friendly style that encompasses cutting-edge neuroscience and our human capacity for hope, free will, love, and spirituality, she offers a breakthrough guide for taking charge of our health, happiness, and personal growth.

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From Reader Review Neurosculpting: A Whole-Brain Approach to Heal Trauma, Rewrite Limiting Beliefs, and Find Wholeness for online ebook

Stephen Kramar says

I listened while commuting, mostly, so I wasn't able to fully engage in the meditations. However, I do recommend listening to this as it is done as a workshop and has a more intimate and personal feeling to it than reading a book. I think the meditation methodology is very helpful and practical, and I can recommend it from my own experience. My mother used to lead me through similar "neurosculpting" exercises when I was pretty young and couldn't sleep or was ill. I need to go back and write out the six or so areas she takes you through, from relationships to illness to personal space to ...

Megan Winkler says

I can't recommend this book enough! It's candid, easy to read, exciting, and written so obviously from the heart. Lisa discusses how our brains work, how memories are made, and how we can choose how to navigate the world in a way that even readers completely unfamiliar with the topic will gain immeasurable knowledge from the pages. Learn about the body-world, how to cultivate self-nurturing attitudes and behaviors, how memories actually work (and what we can do to make better memories for ourselves), and the roles that judgment and grace play in our lives. I love this book so much; I would gift a copy of it to everyone if I had the resources!

Suzanne Newell says

Recommended by, of all people, my hairdresser during a discussion about how I couldn't make sense of people's closed-minded views of politics, this book was suggested as a means of understanding the neurological patterns that lead people to seemingly nonsensical and unwavering views and behaviors. It actually helped. Once a well worn path is built in the brain to lead us to see and do certain things, breaking this is very difficult. But scientifically it IS possible. We have the ability to create new patterns, but it takes will and practice to rewire old thinking.

The parts of the book toward the end dealing with clairvoyance made me a little squeamish, but the overall premise and the journal prompts (which I'm going to start now that the book has been read) are useful.

Aditya Anand says

1 chance! 1 last chance to take control of your psyche, your beautiful psyche
