

The high-performance mind: mastering brainwaves for insight, healing, and creativity, 1997, 288 pages, Anna Wise, 0874778506, 9780874778502, Putnam, 1997

The High-Performance Mind presents a fascinating and enlightening breakthrough on how to achieve the ultimate state of human efficiency, well-being, and balance through "brainwave training". Drawing from some of the latest scientific research and dozens of case histories, author Anna Wise shows us how the four kinds of brainwaves - beta, alpha, theta, and delta - communicate with one another to pass information between conscious and unconscious mind. Mastering these brainwaves through meditation and therapeutic techniques can help us heal ourselves from serious illness, enter creative states at will, become more effective leaders and problem-solvers at home and at work, and improve our interpersonal relationships. The combination of brainwaves the author defines as the "awakened mind" pattern allows us to utilize all aspects and levels of consciousness to benefit our health. By achieving this pattern at will, we can move forward into self-healing - of both physical illnesses and emotional scars. The author also explains how brainwaves play a part in nonverbal communication and seemingly inexplicable psychic knowledge. By understanding and learning to control these brainwaves, we can open the doors to a whole new means of human interaction. Even those with the busiest of schedules will find Anna Wise's techniques practical, easy, and innovative, and will be amazed at the results - a newly "awakened" mind, the first step to an ultimately high-performance life.

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