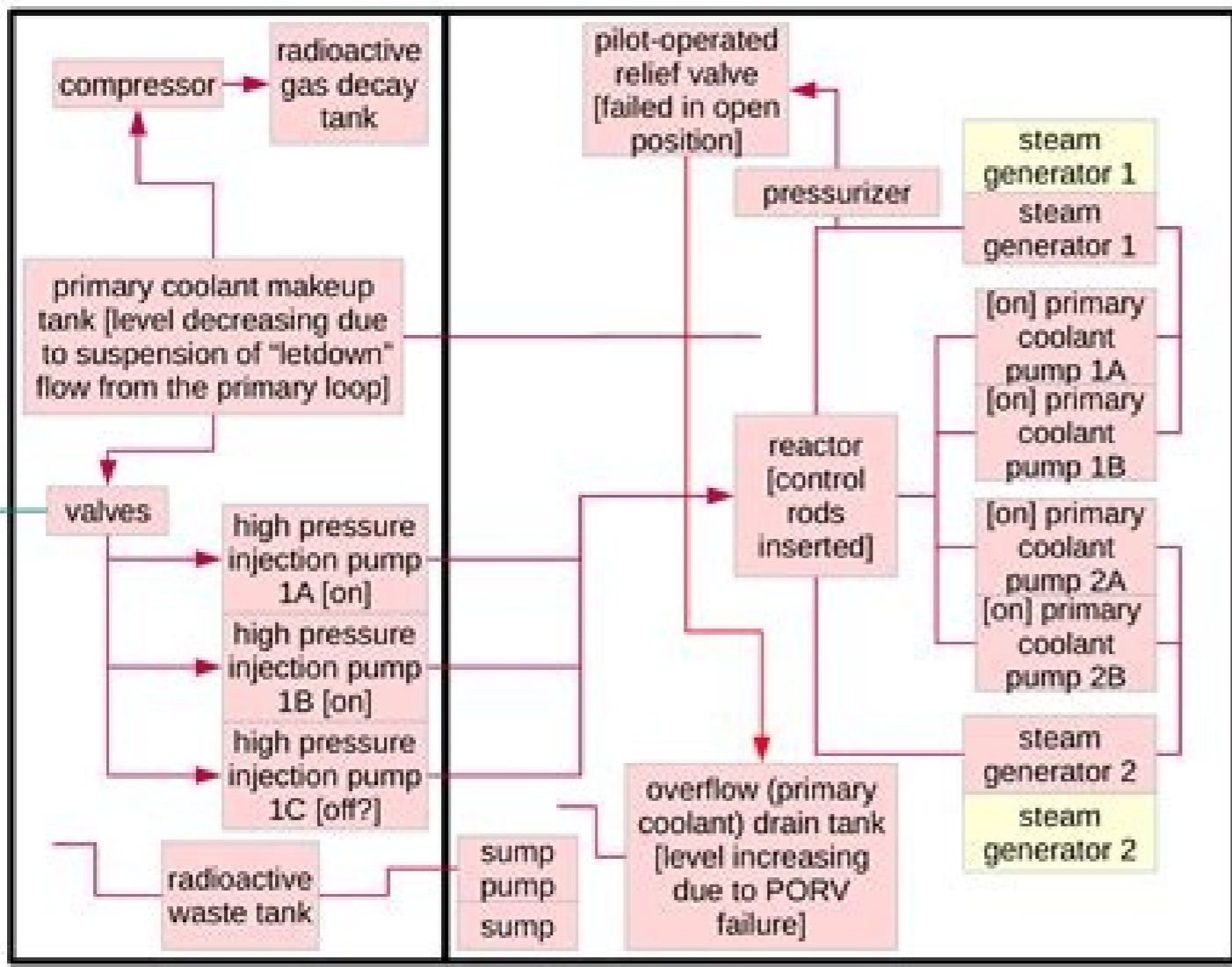




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for the brain to function as a duty... it needs regrouping time... consolidation... (14) "We need 10 to 20 minutes of some kind of downtime each one and a half to two hours. ...once that cycle of toxic thought has broken, thoughts may begin to improve every area of your life..." (13) "A thought may seem harmless. However, when the level of cortisol increases due to stress and flows in excessive amounts through the brain, it causes memories to be temporarily reduced, so certain memories cannot be accessed..." (32) "Being harmful when caused by negative emotions. When your system is stimulated by healthy and thoughts, it can be very constructive; it makes him alert, focused and ready to move on. This amplification means that the thought is very conscious and becomes a labile unstable, meaning that it is moldable and changeable. Every time you have a thought, it is actively changing your brain and your body..." (13) "The result of thinking translates into being in your body, ...once that cycle of toxic thought has broken, thoughts may begin to improve every area of your life..." (13) "A thought may seem harmless. Thoughts influence every decision, word, action and reaction a music we take. Because you created a negative strength, your body reacts with stress. Remember: when you imagine, it really happens in your brain, so when you imagine fun things, all kinds of good chemicals flow, preparing you for the next round of concentration..." (145) "Work on your thoughts with imagination's fun mental exercises. It's your body's strongest biological oscillator, which means it has the ability to pull all other body systems at its own pace. These spurts of being can protect you, help you avoid danger or prepare your brain to create useful memories..." (36) "...your heart doesn't have its own independent, independent nervous system. ...INEREFID A EVAH LLLI TI SI TI THGUOHT FO DYTBIE HCJHW NOPU GNIEPED PMUP A TSUJ TON SI TRAEH RUOY" 99 " Jortnoc Citeneq fo Gnidatsrednu Lanoitnevhc Eht Dignahc Sah) Danura Yaw Rehto Eht Ton, Seneg Ruo LEDomer Secneirepex Efone DNA Snotceprep Ruo Taht Sehaect HCJhw (Sciteeneqipe ...) 59 " detceffa Yevitagen EB OT Gniog Lla Era Era Gnihtyreve DNA YDOB, Ecegnil, Gniknht Ruoy, SDNOACES 03 NAH REGNOL ROF NIARB RUY NI WOLF SLACIMEHC SSERTS EHT FI dim Ruoy Ni Meht Gnitic - MEHT EKOPS DNA SDRD EHT NO DETATDIDEM, THGUOHT CIXOT EHT DEMROF DAY RUOY ESUACEB, OT MEHT YAS UYREP EHT NAHT UOY OT LUFMRAH EROM EB NAC SDROW EVITAGEN " 17 " .secnatsmucric EsoHt OT Snotcaer Ruo Lortnoc NAC EW TUB, SECONSMUCRIC RUO LORTNNAC TONNAC EW ...) 16 " .Secorp Denigami EMAS EHT TUO GNIYRRAC YLLACISYHP DLUUW TI SA NIARB EHT NI SEGNAHC LICISYHP EMAS EMT SECUDORP - NOITCELFER DNA Thguoht Peed, Noitazilausiv, Noitanigami - ECITCARP Latno Taht NWOHS SAH HCRAESER ") 06 (.)FNA yllacifceps(editpep lairta na dellac ecnatsbus lacimehcoib tnatropmi na secudorp osla traeh ehT .elpmaxe rof .selcatsbo elbidercni ro secnatsmucric neeserofnu ekil sserts fo strub feirb htw epoc ot dengised si ydob ruoy tuB .llew sa evol dna ecaep sleef .niarb eht fo Noitcerid EHT ednu YDob Erne Eht. 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(15)"A massive body of research collectively shows that up to 80% of physical, emotional and mental health issues today could be a direct result of our thought lives." (15)"...for every memory you make, you have a corresponding emotion attached to it, which is stored in your brain, and as a photocopy in your body's cells." (21)"These emotions are very real and link your thoughts to the reaction in your body and mind. Imagine anything relaxing. 'Feel good' chemicals are released that make us feel peaceful and also promote healing, memory formation and deep thinking, which increase intelligence when combined together." (22)"Your thoughts can sweep away stress, making you more clever, calm and in control of your emotions." (24)"You can't have optimal growth and protection at the same time because your body usually concentrates on one or the other at any given time. mind. The opposite is also true." (40)"Your immune system is definitively shown to be neurologically sensitive to your thought life. Every time you have a thought, it is actively changing your brain and your body..." (13)"The result of toxic thinking translates into stress in your body, and this type of stress is far more than just a fleeting emotion. It is the balance hormone that regulates many of your brain's functions and stimulates behavior. Scientists have shown this restructuring is how diseases are able to take hold in the body. Thoughts are measurable and occupy mental 'real estate.' Thoughts are active; they grow and change. When your thought life is filled with toxic emotions, your heart is heavy and burdens your body and mind. In You must change." (59)"... science is confirming that we can choose to interfere with protein synthesis for our free will. Indeed, your heart amplifies what is happening in the brain." (120) // I like it, what ?? You can even arise after you have produced an event, when Remember the memory of that event." (22) "... Your thoughts create changes in genetic levels, restructuring the makeup of the cell. The new scientific evidence on neurological sensitivity of heart indicates that there are communication lines between the brain and heart that they review the precision and integrity of their thinking. When its immunologic system faces an attack, as when the life of your thoughts is proximity, it generates blood proteins called cytokines, which is known to produce fatigue and depression." (41) "If you have been told that you are conformed to what is happening in your family, you are controlled by biology, which can not transcend the influence of your environment, then you have lied and we need to listen to the truth." (46) "Positive habits and negative habits are built through the same process in their brain. On the side of the flip, when we choose a non-toxic thinking, we enter a new kingdom of the function of Brain and body. Ideally, your body should focus more on growth than protection ". (31) "Cortisol regulates and supports functions in their heart, immunologic system and metabolism. Metabolism.

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