



Master Your Brain: Training Your Mind for Success in Life

Phillip Adcock

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Pulling from wide-ranging research on the brain and the latest discoveries in psychology and neuroscience, this book gives you a systematic, methodical approach to getting the most from your mind and programming it for success. Commercial psychologist Phillip Adcock explains in plain English why the brain functions as it does. Then he offers scientifically based techniques for harnessing the power of your emotions, conquering your fears, mastering communication and relationships, overcoming social obstacles, and clarifying what you really want to achieve. Step-by-step exercises show you how to visualize success, take command of your physiology, track your milestones, and more.

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