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Le cerveau, cette boîte noire aussi fascinante que mystérieuse, présente un potentiel gigantesque et des capacités multiples. Grâce à cet ouvrage qui mélange les découvertes les plus récentes sur le cerveau et la physique quantique, découvrez comment dompter cet organe si complexe, mais qui nous appartient !

Au programme :

- tout savoir sur le cerveau : son histoire, ses capacités, son rôle par rapport à nos sens, mais aussi à notre inconscient...
- des exercices faciles et rapides pour booster les capacités de votre cerveau : mémoire, concentration, gestion des émotions, motivation...
- des trances hypnotiques pour aller plus loin et augmenter les performances de votre cerveau au quotidien

STIMULEZ LES FABULEUSES CAPACITÉS DE VOTRE CERVEAU !

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If you realize you exploit the extraordinary powers of your brain, it's so overwhelming, you are able to go ahead and take instructions or guides in the manual individually. Select a special feature you wish to give attention to, browse the manual thoroughly, bring your product and execute what the manual is hinting to complete. Understand what the feature does, using it, and don't go jumping to a different cool feature till you have fully explored the actual one. Working through your owner's manual by doing this assists you to learn everything concerning your digital product the best and most convenient way. By ignoring your digital product manual and not reading it, you limit yourself in taking advantage of your product's features. When you have lost your owner's manual, look at product instructions for downloadable manuals in PDF

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