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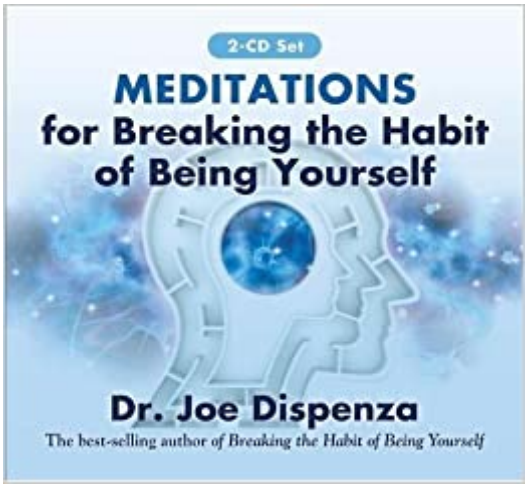
Meditations For Breaking The Habit Of Being Yourself: Revised Edition



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Synopsis

Ã Â Ã Â Ã Â Ã Â This mental-rehearsal CD set, the four-week guided-meditation companion program to Dr. Joe DispenzaÃ¢â ¬â„¢s book Breaking the Habit of Being Yourself, is designed to move you from the analytical Beta brain-wave state to the state of Alpha, and develop your ability to sustain coherent brain-wave patterns. By placing your awareness on different parts of your body Ã¢â ¬Å“in spaceÃ¢â ¬Â• and on Ã¢â ¬Å“the space around your body,Ã¢â ¬Â• as instructed by Dr. Joe, you are altering your brain so that you enter into the operating system of your subconscious mindÃ¢â ¬â •where unwanted habits and programs exist. The objective is to learn to stay present and make meditation a skill. It is from this new place that you will begin to make the changes in your life that you desire!

Book Information

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Customer Reviews

Dr Joe Dispenza's entertaining and highly accessible manual for rewiring your mental and emotional circuitry carries a simple but potent message: what you think today determines how you live tomorrow. Lynne McTaggart, bestselling author of The Field and The Bond Dr Joe Dispenza wants to empower you to let go of negative beliefs and embrace the positive. This intelligent, informative, practical book will help you be your best, freest self. Judith Orloff, author of Emotional Freedom If you've always known that there's more to you than you learned in Biology 101, but find yourself intimidated by the technical language of science, this is the beautiful book you've been waiting for! Gregg Braden, bestselling author of Deep Truth and The Divine Matrix This kind of work takes real commitment, but the book gives readers the essential tools. It is an unusually clear synthesis of

theory and practice that can make a real difference to those prepared to do the necessary work. The Network Review

Joe Dispenza, D.C., New York Times best-selling author of You Are the Placebo, studied biochemistry at Rutgers University. He also holds a Bachelor of Science degree with an emphasis in neuroscience, and earned his Doctor of Chiropractic from Life University. He has received postgraduate training and continuing education in neurology, neuroscience, brain function and chemistry, cellular biology, memory formation, and aging and longevity. One of the scientists, researchers, and teachers featured in the award-winning film What the BLEEP Do We Know!?, Dr. Joe has lectured in 26 different countries and helped thousands of people around the world meet their goals. For more information about Dr. Joe and his workshops, please visit: www.drjoedispenza.com.

I bought my copy of these two meditations directly from Dr. JoeÃƒÂ¢Ã â ¬Ã â„¢s website as a download for $4.95 for the both of them, instead of $14.82 for the CD thatÃƒÂ¢Ã â ¬Ã â„¢s listed here. He must have read your criticisms and re-recorded it, because the sound quality is decent enough for an mp3 file: 44.1 kHz at 192 kbps (one reviewer here said the CD audio quality was VERY bad). And, there is none of the offending sibilance (hissing sounds) in evidence. His website says, ÃƒÂ¢Ã â ¬Ã Å“new edition now includes an introduction by Dr. Joe & new song,ÃƒÂ¢Ã â ¬Ã Â• which implies that he must have issued a new recording of these two meditations. So you might want to avoid the older version listed here.That said, the biggest problem I had with these new files is the darn gongs going off. There are three of them in each meditation, one for each week of the program. For the fourth week, you’re supposed to meditate through to the end. The induction portion of the meditation does a great job of getting you very relaxed. Then, instead of letting you drift peacefully into the next section (Week 2, if youÃƒÂ¢Ã â ¬Ã â„¢re following along with the book) you are hit on the head with a sonic bomb, bringing you right out of your trance. Kinda defeats the purpose of a deep meditation, doesnÃƒÂ¢Ã â ¬Ã â„¢t it?My solution was to open the files in a sound editor, isolate the offending gong sounds, and then replace those sections with matching sections from the original music. This was quite a bit of work, but at least now I can either stop when I hear him introducing the next script, or drift peacefully into the next weekÃƒÂ¢Ã â ¬Ã â„¢s lesson without being gonged over the head. To me, the gongs were a real mood killer when youÃƒÂ¢Ã â ¬Ã â„¢re trying to stay in a meditative state.Sorry, Dr. Joe. No more gongs for you, OK?

Have had anxiety since I was young. The book and tape have been very helpful! I have noticed a reduction in stress. I like his methods and that there is science to back up his ideas. Still reading it and working with the meditation CD's.

I actually like the book much better, but if you want meditations that you don't have to tape yourself, these are great.

I have the book too....I love Joe DIspenza! He is a brain surgeon that tells us exactly how the brain works and why we think things. He also talks about the untapped energy we have within our creative spirit.....this is awesome.

I love all of Dr. Joe Dispenza's programs. Helps a lot.

Anyone who is interested in improving their life, this is a must. I also recommend the book that it goes with for clarification and understanding of the process.

I'm a Dr. Joe follower and this CD is wonderful.

In my personal case not enough helpful. Sorry to say it.

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