



How to Potty Train Your Brain: Toltec Tools and Wisdom

By Diana D. Adkins

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 152 pages. Dimensions: 8.0in. x 5.3in. x 0.4in. Sometimes living inside our heads can feel like one insult after another. Do you have a run-away brain A mind that just wont stop Refreshingly honest, direct and humorous, How to Potty Train Your Brain will have you smiling while it opens your mind, explains your brain, shows you how our minds become petty tyrants - and then gives you the tools to free yourself from your minds control.

Understanding how our minds developed makes it easy to use the tools to regain that control and to create a life full of the peace and joy that comes from finally being and living it as you have always wanted, and as is your birthright. Based in the Toltec tradition of Don Miguel Ruiz and HeatherAsh Amara, How To Potty Train Your Brain opens up Toltec philosophy with easily understood concepts, walking you through the learning process each of us undergoes as young children, and that Toltecs call domestication. 2000 years ago, ancient Toltecs understood domestication, how our self-limiting judgments and beliefs were created, and what our brains did...



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