



## 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...



**READ ONLINE**

[ 6.43 MB ]

### Reviews

*Complete manual! Its such a great study. It really is writter in straightforward phrases rather than hard to understand. You are going to like the way the article writer create this publication.*

-- **Ike Fadel**

*This ebook is wonderful. It typically does not expense too much. You wont really feel monotony at at any time of your own time (that's what catalogs are for relating to should you request me).*

-- **Milan Turner**

## See Also

---



### **God Loves You. Chester Blue**

Henry and George Press. Paperback. Book Condition: New. Ursula Andrejczuk (illustrator). Paperback. 140 pages. Dimensions: 8.0in. x 5.2in. x 0.3in.BEAUTIFUL NEW ILLUSTRATIONS BRING THE STORY TO LIFE!A charming book about a mysterious bear that shows up in the right place at just...

---



### **Good Night, Zombie Scary Tales**

Feiwei & Friends. Paperback. Book Condition: New. Iacopo Bruno (illustrator). Paperback. 112 pages. Dimensions: 8.2in. x 5.4in. x 0.2in.Welcome. Have a seat. Ignore the shambling undead outside. Let us tell you a story. But be warned. Good Night, Zombie isnt just any...

---



### **DK Readers Robin Hood Level 4 Proficient Readers**

DK CHILDREN. Paperback. Book Condition: New. Nick Harris (illustrator). Paperback. 48 pages. Dimensions: 8.4in. x 5.7in. x 0.2in.Discover the rollicking exploits of Robin and his merry men as they take from the rich and give to the poor. Join Robin Hood and...

---



### **The Stories Julian Tells A Stepping Stone Book™**

Random House Books for Young Readers. Paperback. Book Condition: New. Ann Strugnell (illustrator). Paperback. 80 pages. Dimensions: 7.6in. x 5.0in. x 0.4in.Julian is a quick fibber and a wishful thinker. And he is great at telling stories. He can make peopleespecially his...

---



### **The Mystery at Motown Carole Marsh Mysteries**

Carole Marsh Mysteries. Paperback. Book Condition: New. Randolyn Friedlander (illustrator). Paperback. 32 pages. Dimensions: 11.1in. x 8.7in. x 0.0in.When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective, and...

---



### **The Whale Tells His Side of the Story Hey God, Ive Got Some Guy Named Jonah in My Stomach and I Think Im Gonna Throw Up**

B&H Kids. Hardcover. Book Condition: New. Cory Jones (illustrator). Hardcover. 32 pages. Dimensions: 9.1in. x 7.2in. x 0.3in.Oh sure, well all heard the story of Jonah and the Whale a hundred times. But have we heard it from the perspective of the...