

[PDF] Brain Wave Vibration: Getting Back Into The Rhythm Of A Happy, Healthy Life

Ilchi Lee - pdf download free book

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Description:

Review ". . . practical and brilliantly written . . . a unique lens for reexamining the impact that vibrations have on every aspect of our being. Neuroscience points to the advantageous outcomes that can spring from practicing [it]." --Kenneth Wesson, Ph.D., Brain-based education consultant

". . . a unique synthesis of Eastern and Western thought, a readable and highly accessible program of simple training exercises for health and transformation, a program which is ripe for scientific validation." --John Gruzelier, Professorial Research Fellow, Goldsmiths, University of London

". . . a book rich in themes, thoughts, and potential impact, which can be read and enjoyed on many

levels. It will be of particular interest to those seeking physical, emotional, and spiritual self-improvement." --Elkhonon Goldberg, Ph.D., Clinical Professor of Neurology, NYU Langone Medical Center and author of *The Executive Brain* --This text refers to an alternate edition.

About the Author As president of the Korea Institute of Brain Science and the International Brain Education Association, Ilchi Lee has dedicated himself to the nurture and development of the human brain. He is also the founder of Dahn Yoga and the author of more than 30 books.

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