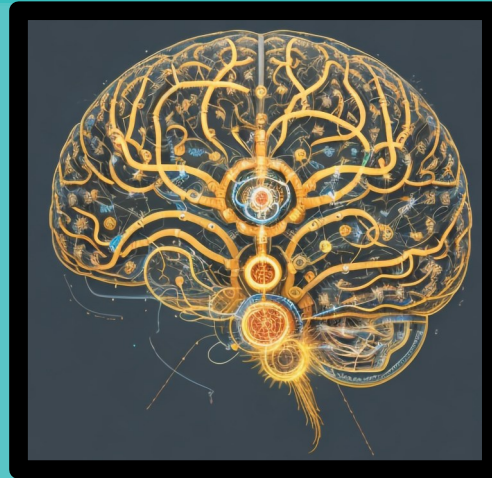


YOUR INFINITELY UPDATABLE AMAZING BRAIN



Did you know that your brain is programmed to search out new connections? That it constantly looks for patterns and links them together to build your skills and ability? That the more effort and Ideas you feed it the more skilled you become?

In the same way that it probably took you many attempts to ride a bike, your brain constantly re-writes and updated to take in the newest information it's given.

If there are aspects of your life you're not happy with, your brain is ready and waiting to change it ... all it takes is a bit of effort and perseverance on your part and in exchange your brain will learn and make the change more manageable for you each time you try.

Try some of the BRAIN STORMING ideas alongside ...
Different ways of thinking throw up different ideas for you to consider.