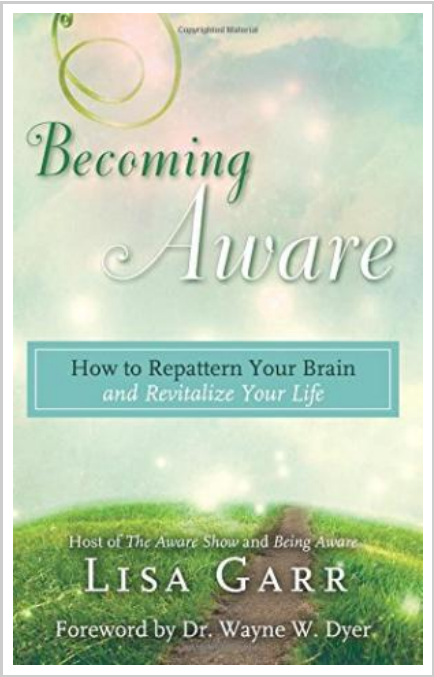


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Becoming Aware: How to Repattern Your Brain and Revitalize Your Life

By Lisa Garr

HAY HOUSE, United States, 2016. Paperback. Book Condition: New. Reprint. 213 x 137 mm. Language: English . Brand New Book. Lisa Garr wants you to stop going through the motions in life. She wants you to become aware. Her mission on her internationally syndicated radio program, The Aware Show and now in her first book is to inspire positive growth in all areas of life and bring conscious conversations into everyone s living room. Lisa s own story is remarkable. Several years ago, she suffered a traumatic brain injury during a freak biking accident that rendered her unable to speak or rely on her short-term memory. She not only used cutting-edge EEG techniques to heal but also set out to live a different life than the one she was leading in her pre-accident days. Lisa used this experience as a wake-up call and decided to transform in every way possible, including marrying her true love and giving birth to their daughter. Today, the woman who couldn t even say a few words is a radio and Internet sensation with a massive, swiftly growing audience and multimedia platform. Now she brings the lessons she has learned from countless interviews with inspirational,...

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