



# What You Don't Know You Don't Know: How Your Brain and Mind Keep You Stuck

By Ali Bierman

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Your brain and mind serve to keep you safe. They alert you to dangers in your environment and make you aware of risks in your decision making. In serving their purpose they actually keep you stuck in the muck of daily ho hum living so that you fail to live the life you really want.

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Spent a free time to be fun activity to do! A lot of people spent their down time with their family, or all their friends. Usually they carrying out activity like watching television, about to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? Can be reading a book may be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to test look for book, may be the guide untitled What You Don't Know You Don't Know: How Your Brain and Mind Keep You Stuck can be excellent book to read. May be it may be best activity to you.

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