



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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- Sales Rank: #1189599 in eBooks
- Published on: 2013-04-14
- Released on: 2013-04-14
- Format: Kindle eBook



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