



# Educate Your Brain

*Kathy Brown*

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## **Educate Your Brain** Kathy Brown

"Educate Your Brain: use mind-body balance to learn faster, work smarter and move more easily through life" In this remarkable book, Kathy Brown explains how the mind-body system has innate intelligence, ready and waiting to be tapped. By following its lead and utilizing a few simple movements from the innovative Brain Gym program, we can resolve even longstanding blocks to learning and achievement. The unique Brain Gym system can help you experience the confidence and self-esteem that come with ability, productivity, and fulfillment. Discover how you can change your own life, and the lives of those you touch. "Educate Your Brain" was a finalist (Silver Award) in the 2013 Benjamin Franklin publishing awards, sponsored by the Independent Book Publishers Association.

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