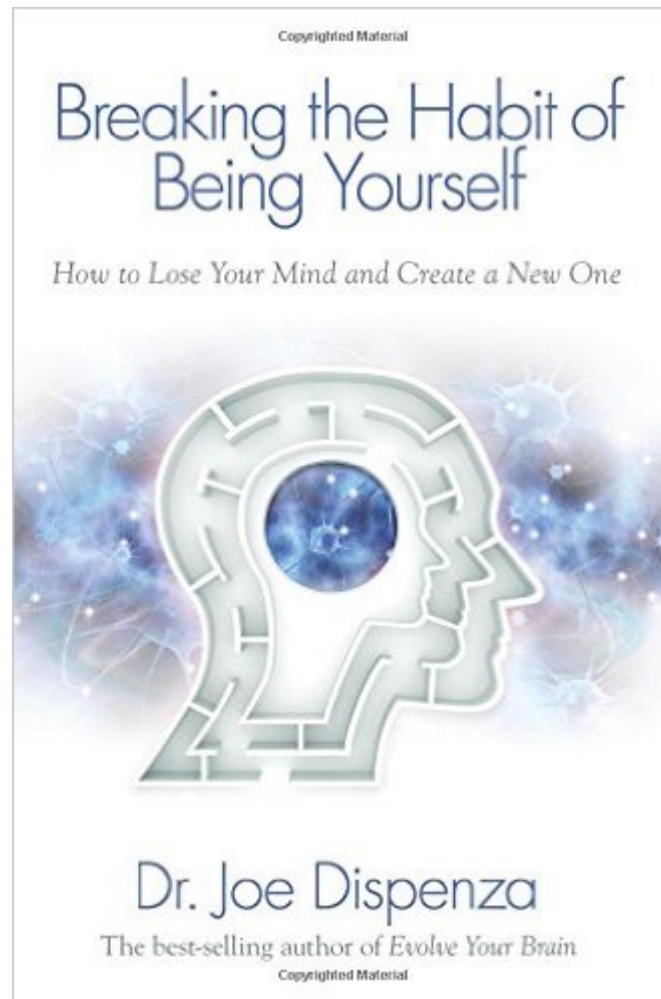


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# Breaking The Habit Of Being Yourself: How To Lose Your Mind And Create A New One



## Synopsis

You are not doomed by your genes and hardwired to be a certain way for the rest of your life. A new science is emerging that empowers all human beings to create the reality they choose. In *Breaking the Habit of Being Yourself*, renowned author, speaker, researcher, and chiropractor Dr. Joe Dispenza combines the fields of quantum physics, neuroscience, brain chemistry, biology, and genetics to show you what is truly possible. Not only will you be given the necessary knowledge to change any aspect of yourself, but you will be taught the step-by-step tools to apply what you learn in order to make measurable changes in any area of your life. Dr. Joe demystifies ancient understandings and bridges the gap between science and spirituality. Through his powerful workshops and lectures, thousands of people in 24 different countries have used these principles to change from the inside out. Once you break the habit of being yourself and truly change your mind, your life will never be the same!

## Book Information

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## Customer Reviews

Dr. Joe Dispenza's first book, *Evolve Your Brain*, was in my opinion, a fantastic book, yes it was a bit heavy in some parts, but I loved the science in it. Obviously, off course, some people simply skipped to page 381, to skip the "science stuff" and read the chapter starting on that page "The Art and Science of Mental Rehearsal". "*Breaking The Habit Of Being Yourself*" raises the bar completely, with now the "How To" companion in easy to follow steps to be comprehended and practiced. The book was also a very easy to read, straight to the point, with fantastic images to compliment nicely the information conveyed, in almost every chapter to understand more of Dr.

Joe's message. This is a book I could not put down. I am now up to doing the Induction Step of the Meditation, and I quickly rushed to Dr. Joe's website to purchase the audio materials for the meditation. The book has been divided into 3 parts, I have written my notes on each chapter as follows: PART I - THE SCIENCE OF YOU Chapter 1: The Quantum You: -You and the world are made up of energy and matter. -If you look at the body, including the brain, at the cellular level you have: Tissues > Cells > Molecules > Atoms > Subatomic Particles > Energy. -Your thoughts have an effect on the Quantum Field. -We are in control of our past, present, and future. -When we focus on a thought. Single-mindedly, we make it more real than anything else. We are experiencing the thought beyond the physical realm. -We can create our future. Chapter 2: Overcoming Your Environment: -The environment causes us to think.

Anyone who remembers the hit indie cult film, *What the Bleep Do We Know!?* that took the theaters by storm in a grassroots phenomenon unlike any seen before will remember Dr. Joe Dispenza who is an audience favorite as one of the experts interviewed along with a host of other scientists and theologians, who made the relatively inaccessible strange quantum world accessible to the masses. The film had a lasting impact and has been distributed to millions around the world, becoming part of the cultural zeitgeist and finally making it cool to be holistically-oriented. Dr. Joe is one of the best communicators in the world of this area of science as well as neuroscience, neurology, brain function, chemistry, cellular biology, memory formation, and aging and longevity. This book follows his first, *Evolve Your Brain: The Science of Changing Your Mind* which laid down the science for this one. The first book was a bit heady and as a layperson with an avid interest in personal development and a growing interest in science, I must admit it was a bit difficult for me to read. I think it may have been intended for those who are practitioners with a science background as well as those in holistic and heart-centered therapies who by now it seems, should really know this stuff if they are working with people.

There are numerous reasons to criticise Dr. Joe Dispenza's book (and lest some have difficulty with attaching the prefix "Dr." before his name, it seems all 50 states seem to accept the title). It is a matter of indifference to me whether chiropractic is an efficacious medical intervention or not. My problem, having read the book as a Kindle purchase, is the summary dismissal of EVERYTHING Dispenza asserts because some readers suggest these assertions are in opposition to legitimate (my word) scientific truths. This mindset--a hybrid of arrogance, bias, intellectual rigidity, and ignorance of the many errors of science--is summarized by a reader who merely said, "Dr. Joe is a

chiropractor. Don't waste your time and money on this book." This critic might be reminded that the Wright Brothers were bicycle repairmen who were also printers and that they never took a single university-level (or any formal) course on aerodynamics; Hedy Lamarr was an Austrian actress, who with George Antheil, a composer, developed a "Secret Communications System" to help combat the Nazis in World War II. Michael Faraday, a man who with no formal education worked in a bookshop and yet revolutionized our understanding of electricity; William Herschel was a German musician who discovered Uranus and several moons with a home-made telescope ridiculed by scientists; Donald G. Harden was a high-school teacher, not a cryptologist or criminologist, who cracked the code of the Zodiac Killer--an unknown murderer who terrorized the San Francisco area in the 70's, attacking couples in secluded areas, and George Mendel was an uneducated monk who discovered how genetics work.

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