



## Mental (Paperback)

By Parrish Owen Taylor

Tate Publishing Enterprises, United States, 2014. Paperback.  
 Book Condition: New. 216 x 142 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The chatter in your head that never shuts up. By design, the chatter is constantly running without any effort from you. That's why we call it chatter. It was over thirty years ago as a young athlete and soon to be graduating senior from Purdue University that I quickly became aware of the chatter. That negative rant in my head that would just keep playing the same words over and over. Science and technology have come a long way since that time, specifically, the field of Neuroscience. We are learning more now than ever before in history about the brain and how thoughts and emotions impact different body functions. The fact is, that chatter is designed to help you achieve in life. What is intended for your good actually becomes your enemy from within if you are not careful with its magnificent power. As in all great power, without discipline, great power becomes a great weakness. The chatter in your head is an asset; a great strength designed and imparted to you. You must learn...



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