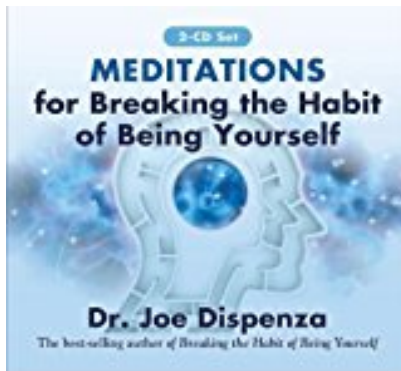


Meditations for Breaking the Habit of Being Yourself Revised Edition



BOOK DETAILS

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BOOK 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, you will be taught the step-by-step tools to apply what you learn in order to make meas.

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