



Mind Chi: Re-wire Your Brain in 8 Minutes a Day -- Strategies for Success in Business and Life

Vanda North, Richard Israel

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8 minutes a day is all it takes to open up a world of superior mental performance.

Just as Tai Chi has been used for centuries to balance body and mind, ***Mind Chi*** will help you increase your mental energy and be more effective in everything you do. And all you need is 8 minutes a day...

Mind Chi is a powerful synthesis of thought and action based on the most recent research into how the brain works. By following the simple, daily exercises in this book, you will raise your mental performance to a level you never thought possible. Discover:

- Sharper powers of concentration and information management
- Improved control over your attention span, memory, thoughts and feelings
- Fast and easy ways to reduce your stress and increase your confidence
- New positive habits, thoughts and mental resilience
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Plus: 50 Strategies for Success in Business & Life

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