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Breaking the Habit of Being Yourself is a unique way of linking your habits and your happiness with neuroscience and quantum physics. We are not experts enough to know how much of it actually holds water.

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Meditations For Breaking The Habit of Being Yourself. Breaking the Habit of Being Yourself has a sizable section on meditation. The central tenet is that you cannot change only with thoughts or only with feelings, but you need both. To access the quantum field your meditation needs to have both heat and mind, feelings and thoughts.

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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.

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Breaking the Habit of Being Yourself Introductory Lecture

Clips from Dr Joe's Introductory Lecture of Breaking the Habit of Being Yourself. During this video, you will be inspired, while you laugh, and enjoy learning about yourself, your brain and body

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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

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Download These guided meditations are a part of Dr. Joe's four-week program discussed in the book, Breaking the Habit of Being Yourself. The meditations are designed to move you from the analytical Beta brain-wave state to the state of Alpha, and develop your ability to sustain coherent brain-wave patterns. By placing

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