

MEET DR. BOOKS

The brain changer for game changers

BY DR. PHYLLIS BOOKS

Do you ever feel like you're becoming Bill Murray in the classic movie, Groundhogs Day? You know the feeling when you wake up and realize today is going to be a lot like yesterday and the day before and the week before and the year before? Oh no, another day like that?

What if you could start today and instead, experience the enhanced, upgraded version of you? What if there could be a new plot in your life, a new reward system – a whole new operating system? That's exactly what I do; I help successful people become even more successful. And the people, both adults and children, who are stuck and operating nowhere

near their potential and don't have a clue how to convert to a different plan for their life. That's where I step in. I love "defragging" and "clearing the cache" in their hardware and software a.k.a mind and body. I love watching the "real you" emerge once the obstacles are removed.

Communication breakdowns happen, even when people and teams are doing their best to avoid them. Have you ever been surprised when someone has a blank look in their eyes as you're explaining something? You thought they were on board with you, so why this look of confusion? In your mind, they shouldn't have any trouble following you. Obviously, something

got lost somewhere; either you didn't include one of the pieces of information they needed or they knew but forgot.

Our communication system on the inside, called our organs, our nervous system, etc., sometimes have snags too. Sometimes signals don't get where they need to go because of a chemical sludge factor, such as eating fast food – that is filled with trans fats which clog your arteries – or too many fancy sugar-laden Starbucks drinks created spikes in your energy level. Or maybe you didn't drink nearly enough water and the electrical signals couldn't be transmitted from one neuron to another in your brain. The messages aren't delivered efficiently and sometimes not at all



SOMETIMES MAKING CHANGES MEANS LOOKING FOR NON-TRADITIONAL SOLUTIONS.

to another system which really needed that information.

If you have the gnawing feeling you aren't doing your real purpose or you could do it with more ease and grace if certain parts of your own brain didn't get in the way, you might want to consider a systems inventory and overhaul.

Make 2016 the year you bring your best self forward

You owe it to yourself to make sure there are no hidden problems that keep you from evolving into a more elegant, sleek and efficient version of you. Why would you want to settle for being less than you could be, offer less to your loved ones, to your profession? If you have a brain that works less efficiently than you'd like, you need to know that your brain is very changeable. And, you need to find out how the various systems inside of you that interact with your brain are functioning too. That is, are all systems communicating with each other efficiently.

If you're a business owner reading this, please know you can increase your Return on Investment by upgrading your own brain. If you're a mother, please know the brains of your children and your spouse are very changeable. We used to think that once the brain was formed, it didn't change. Now we now that's just not true. So don't let anyone tell you to settle for the brain and current operating system.

Sometimes making changes means looking for non-traditional solutions. One of the strengths of entrepreneurs is that they don't expect to find answers the way other people do. They are used to thinking outside the box and seeing solutions in new and innovative ways. Even successful entrepreneurs, however, might consider brain upgrades so they don't over use some parts of their brains at the expense of other body and brain parts.

Did you know that 35 percent of entrepreneurs consider themselves dyslexic? And a whopping 70 percent are ADHD?

We think of dyslexia as reversing numbers and letters, but its way more complicated than that. What I've learned over the last 30 years is that dyslexia, ADHD, and many other

diagnoses that tag along have a neurological component. That means big change is possible! So dyslexia doesn't need to shadow you for the rest of your life.

Dyslexia (a.k.a. brain's out-of-synch) shows up in the work place as:

- Avoiding emails
- Spelling errors
- Slow processing speeds for some tasks
- Superconductor speed for other tasks
- Inconsistency – some days a task is easy, and the next day, or next hour, it's not
- Thoughts and words come out twisted or not the way you meant
- Writing down one number when a different number is in your head

Possible complications by other related issue such as:

- ADHD
- Sleep issues
- Unhealed concussions or head traumas
- TMJ – jaw joint issues
- Allergies and inflammation
- Completion anxiety
- Mood imbalances

Why defragging your brain is necessary

If your brain is having timing and synchronization issues, it's time for "defragging" your brain. Your brain may be running on outdated programs. Signals may be going to the wrong places or not storing data where it's easy to retrieve. You may find yourself not able to keep up if your operating system is storing information inefficiently. Your brain is left in yesteryear and so are your business and your chances for success.

Conversion strategies to a better brain

First of all, you need to know it is absolutely possible to change your brain and to open up parts of your brain that have been dormant. Books like The Brain That Changes Itself by Norman Doidge and Dan Amen's Change Your Brain, Change Your Life, give us real life examples of how the "central dogma" that brains don't change just isn't true. Thanks to very modern and sophisticated measuring devices, we can now track real changes.

Steps involved in upgrading your brain
System Diagnostics Assess various systems that affect the brain's performance

- Neurotransmitter testing
- Heavy metal testing and mineral analysis
- Structural and neurological examination
- Baseline testing for cognitive, physical and emotions
- Health history

Install new updates

- Bring in a Master Technician, someone certified in Books Neural Therapy™
- Clear the cache
- Defrag
- Create new neural pathways
- Repeat the neurological stimulus until the new paths are fast and automatic
- Turn the system off, allow time for rest and integration and then reboot

Make new possibilities a reality in your life

- Take time to imagine what your life can be like once your brain is working without glitches
- Warning #1: One of the big transformations if you upgrade your brain is that everything seems "lighter" and you find yourself laughing for no reason.
- What new hobbies would you like to explore
- What have you always wanted to do but thought you couldn't
- What kinds of skills and aptitudes might you now access that you could apply in your work
- How does the way you relate to people improve
- Warning #2: You will have more time for family and friends...because your brain is working more efficiently.

Make this the best year ever – for yourself, for your loved ones, for your business. Everyone, including you, will thank you a thousand times over. Bring on the music and let's celebrate the new you.

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