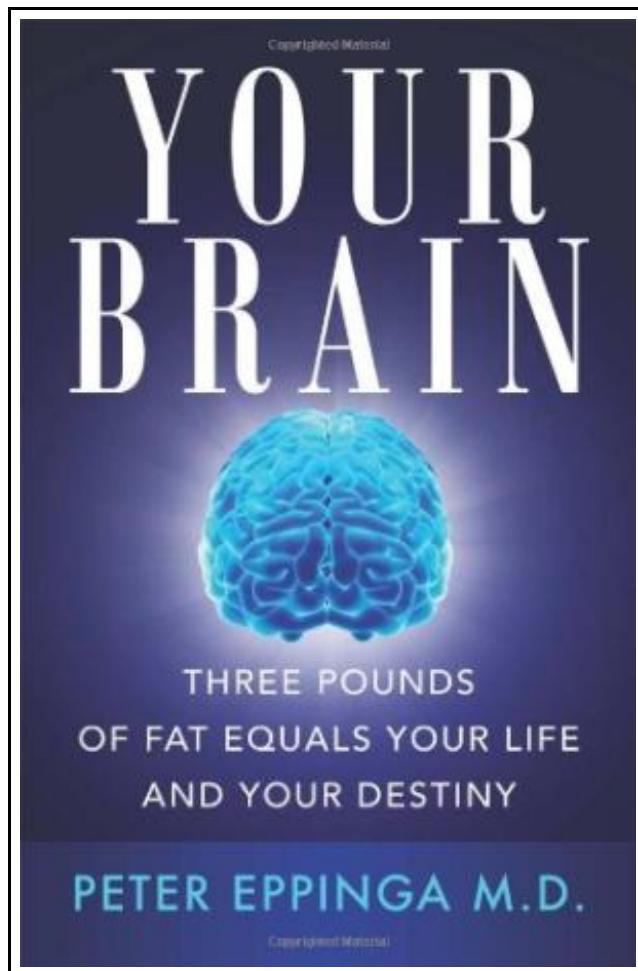


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Word Alive Press, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.I recently graduated from medical school, and during my medical training I became deeply fascinated with the brain. I loved everything about it and how it works. Most people know little about it, and yet it is responsible for our life. Your mind is housed in your brain, and it is your mind that will determine who you are. In this book, I give many interesting facts and insights into your brain. There are several ways we need to take care of it, including proper sleep and exercise, in order to reap all its benefits and for it to function optimally. This three-pound piece of fat truly does contain your destiny, and you need to learn about it and look after it. There is a reason as to why you are here. From the moment of conception to the end, God knows your life. God never starts anything that is not already complete, including YOU. My desire and hope is to make God's vision for your life clearer to you. There are many tools in this book to help you see this vision and complete your destiny. A wise doctor once told me, There are two things that will change your life, the people you meet and the books you read. This is a book that will change your life and will draw you closer to the Creator of the Universe. About the Author: Dr. Peter Eppinga has completed a degree in kinesiology, which was tailored to sport psychology. In his medical training he fell in love with the brain. He has spent many hours studying it and figuring out how it works. Much of his spare time is spent reading about...

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