That Little Voice in Your Head

ADJUST THE CODE THAT RUNS YOUR BRAIN

Mo Gawdat

r bluebird books for life



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For Ali It's time to open my eyes and see that life is beautiful

Fig. 1

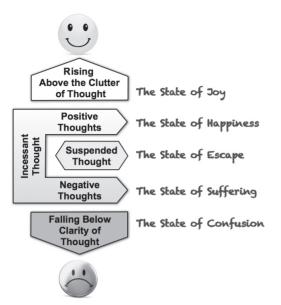




Fig. 3

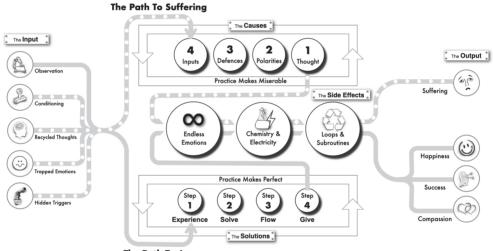






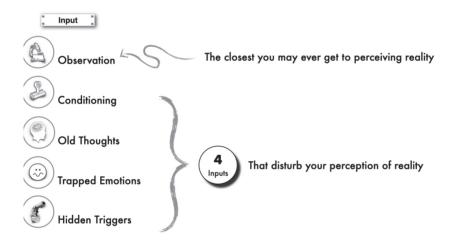






The Path To Joy





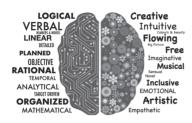




Fig. 14









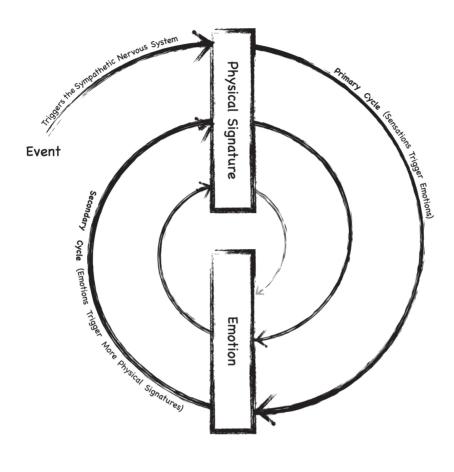




Fig. 19

7	6	2	3	2	7	9	4	2
7	1	4	8	4	3	6	3	9
6	7	3	8	9	4	7	9	4
1	7	7	9	7	6	5	7	4
8	2	1	6	5	8	7	6	3
7	4	1	2	7	6	8	1	7
5	4	1	7	4	7	9	8	9
9	4	9	1	8	8	6	9	3
2	3	3	6	2	8	8	6	1

READ THE LETTERS IN THIS SENTENCE BACKWARDS

Fig. 20



www.www.www.www.www. mmmmm MMM

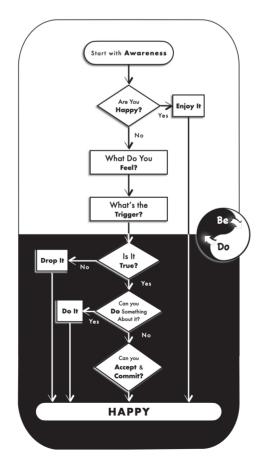
Gamma Waves When brain is in hyperactivity

> Beta Waves When brain is active

Alpha Waves When relaxed / in meditation

Theta Waves When unfocused /drowsy

Delta Waves When asleep



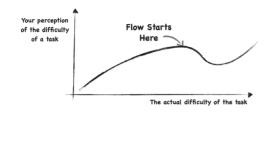
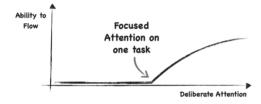
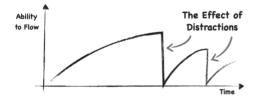
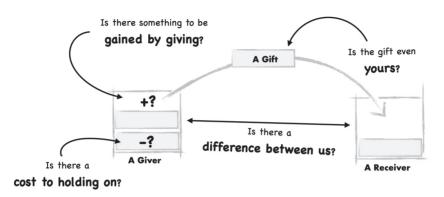


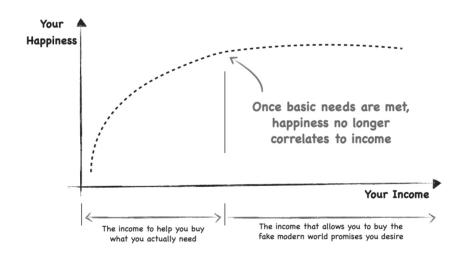
Fig. 24



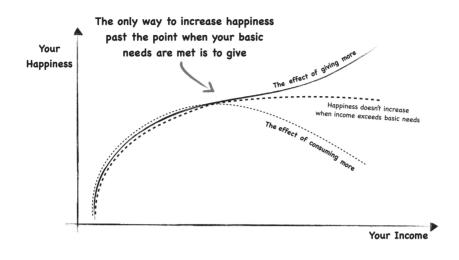












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