



Four Brain Quadrants, New Directions in Holistic Brain Balance Vol. 2 (Paperback)

By Professor of Political Science Bruce Dickson

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Who do you say the human being is? 5 of our waking psyche is conscious choice-making. Our immortal-eternal soul contributes the capacity to make deliberate choices and decisions. 95 of our waking psyche is learned behaviors, habits, playing-back from where they are stored in our Habit Body in a Habit Library. Initially, brain quadrants give us a close-up view of our inner child in our gut brain. Soon after, we learn each of our two brains, gut brain and head-spine brain, has a Habit Library, laid out in quadrants. Our habits are stored in quadrant systems in each of our two brains. Our two quadrant systems offer the most direct access to 95 of our psyche, our Habit Body. This includes most of what we call thinking and feeling. We can reliably access and address our Habit Body only in the domain of one single individual. The most modern experimental method is self-muscle-testing (Muscle Testing 2.0) of any kind. Imbalances in each quadrant can be addressed, measured and balanced with self-muscle-testing. Holistic Brain Balance is...

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