



The New Feminine Brain: Developing Your Intuitive Genius

M.D. Mona Lisa Schulz M.D. Ph.D.

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Ever wonder why most women can handle the kids and careers and the renovation but men can concentrate on either the newspaper or a game on TV? This is because female brains have more interconnections that allow them to multi-task and split their attention. *The New Feminine Brain* is the first book by a medical doctor, who is also a psychiatrist and a brain expert, to show how modern life challenges are physically rewiring the brain and to address the particular challenges that women face as a result. The female brain today is not your grandmother's brain - it has even more connections and skills, but with that can come more physical problems, including an increase in attention and memory deficits and chronic mood and health conditions.

The New Feminine Brain combines the insights of Dr Schulz's research and stories of clinical experience as a neuropsychiatrist treating people with tough brain disorders with unique self-help and expert health advice. Readers will discover and cultivate their special genius and intuitive style with provocative self-tests, so they can hear and heal their depression, anxiety, attention, memory, and other brain problems. 'Rewiring' exercises, herbs and nutritional supplements will improve their physical, psychological and emotional health.

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Chester Walters:

A lot of people always spent their free time to vacation or perhaps go to the outside with them loved ones or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you want to try to find a new activity that is look different you can read a new book. It is really fun for yourself. If you enjoy the book you read you can spent 24 hours a day to reading a guide. The book The New Feminine Brain: Developing Your Intuitive Genius it is quite good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. If you did not have enough space bringing this book you can buy the actual e-book. You can m0ore quickly to read this book from the smart phone. The price is not too costly but this book features high quality.

Mary Deleon:

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Oliver Lyle:

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