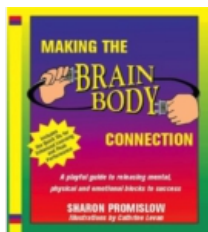


Canadian Kinesiology Bookstore catalog

This catalog was generated on January 24, 2017

Promislow Books



MAKING THE BRAIN/BODY CONNECTION

A playful guide to releasing mental, emotional and physical blocks to success.

By Sharon Promislow

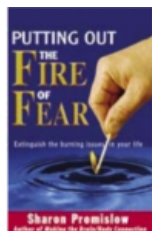
Did you know that your emotions and beliefs lock in stress creating "Stress Circuits" that block learning and impact memory? These circuits limit our ability to express ourselves and experience life to the fullest. "Making the Brain/Body Connection" will show you powerful techniques to stop stress from creating blocks to your ability to learn and perform your absolute best.

In her lively and entertaining book, Sharon blends stress and brain research with practical exercises and techniques that have you moving beyond your current limitations and into a life you only imagined you could have.

Follow along with this step-by-step guide as she leads you through a model for change that unlocks these "stress circuits." Explore and experience how your brain, body and senses interrelate. Clear away mental, emotional and physical blocks to success with simple movements that make change fun. Illustrated with humorous cartoon characters that help you focus on the important points.

Price: \$23 Cdn.

\$23.00



Putting Out the Fire of Fear

by Sharon Promislow

this book will guide you through recognizing how stress impacts your body and show you how to stop the stress cycle before damage is done. There isn't always time to work out at the gym or meditate on a mountain, so grab this book and get on with your life. The practical techniques and real life examples allow you to apply the principles wherever you are - at the office, at home, on the street or on a plane!

Price: \$18 Cdn.

\$18.00



The Top Ten Stress Relasers

Don't Blow It! Defuse the stress bomb with easy, natural techniques that work. Identify and eliminate the stressors in your life and feel better. Learn how stress impacts your brain and body on a physical level, then use this information to help stop the stress response in its tracks. Measure how you are getting – and feeling – better! Re-educate your reactions to stress – from the inside out.

Price: \$10 Cdn.

\$10.00