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Category :

Self Healing With Debbie Nicholson

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Retrain Your Brain With 5 Minute Brain Boosts



Lately I was doing research into a very different way of retraining my mind and I came across these 5 Minute Brain Boosts that originated out of 2 longer sister programmes called Q-liminal and Rapid Injections. Both are very effective in helping you improve yourself at a very deep down level – one just takes a lot less time to use than the other. Otherwise no difference at all in their goals.

I am not too sure how many people nowadays have lots of time to spare for self-improvement. We all do our best and when we first start out it is always our intention to continue on our self-improvement programme every day for the rest of our lives. In reality, we have little breaks that sometimes turn into big breaks, however, because of our diligence in always wanting to improve ourselves, we usually get back on track and start again where we left off.

Well, when I found these 5 Minute Brain Boosts I thought, “That’s me!!” They are still very powerful for when you are in a hurry. Fantastic for your morning routine. One of my friends listens to the Rapid Injection version while she sleeps and is seeing vast improvements in her life. The 5 Minute Brain Boosts are just not in a concentrated form as their sister programmes. Look at them as a very powerful starter.

They still work.

They are for people in a hurry.

