



# Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One

*Joe Dispenza Dr.*

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**Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One** Joe Dispenza Dr.

Once you break the habit of being yourself and truly change your mind, your life will never be the same!

You are not doomed by your genes and hardwired to be a certain way for the rest of your life. A new science is emerging that empowers all human beings to create the reality they choose. In *Breaking the Habit of Being Yourself*, Dr. Joe Dispenza bridges the gap between the sciences of quantum physics, neuroscience, brain chemistry, biology, and genetics to show you what is truly possible. Not only will you be given the necessary knowledge to change any aspect of yourself, but you will be taught the step-by-step tools to apply what you learn in order to make measurable changes in any area of your life!

Audio 11-CD Set. Run Time: 10 hours 40 minutes

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