

SUPER BRAIN DEEPAK CHOPRA%0A

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[Super Brain: Unleashing the Explosive Power of Your Mind ...](#)

A manual for relating to the brain in a revolutionary new way, Super Brain shows you how to use your brain as a gateway for achieving health, happiness, and spiritual growth.

[Super Brain - The True](#)

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[Super Brain: Unleashing the Explosive Power of Your Mind ...](#)

A manual for relating to the brain in a revolutionary new way, Super Brain shows you how to use your brain as a gateway for achieving health, happiness, and spiritual growth.

[Super Brain | The Chopra Foundation](#)

To celebrate the release of the new book Super Brain: Unleashing the Explosive Power of Your Mind to Maximize Health, Happiness, and Spiritual Well-Being, written by Dr. Rudolph Tanzi and Deepak Chopra, we are giving away Deepak's online course, Reinventing the Body, Resurrecting the Soul.

[Deepak Chopra's Super Brain Super Plan, Pt 1 - How to Get ...](#)

Deepak Chopra believes that accessing what he calls your super brain, is the secret to staying young and keeping your memory forever. Watch as he busts common memory myths and reveals the foods you need to eat to keep your brain young.

[Deepak Chopra & Rudy Tanzi: Super Brain](#)

Have you ever wondered what the secret to happiness might be? Well as it turns out, there's a formula. Hear spiritual guru Deepak Chopra and renowned neuroscientist Rudy Tanzi reveal that equation.

[Book Excerpt: Super Brain by Deepak Chopra - Oprah.com](#)

Read an excerpt of Deepak Chopra's book, Super Brain, to begin to tap into the explosive potential of your mind and spirit.

[Deepak Chopra's Super Brain Secrets | The Dr. Oz Show](#)

Beyond mental exercises, Deepak Chopra believes that diet plays a huge role in brain health and is one of the most critical steps in accessing your super brain. Here are three super brain-building foods and three super herbs to maximize your mind's anti-aging powers.

[SUPER BRAIN - Ageless Grace](#)

SUPER BRAIN by Deepak Chopra, M.D. and Rudolph E. Tanzi, Ph.D. "It's true that the central nervous system cannot regenerate with the same robustness and rapidity of the peripheral nervous system. However, due to "neuroplasticity," the brain can remodel and remap its connections following injury. This remapping is the functional definition of neuroplasticity, which is now a hot-button issue