

Exercise What Do You Now Know About Your Brain and Your Capacity for Change?

Answering these questions helps you to know that you are learning something new. Write out your answers as best you can from memory then look in your manual to fact check what you wrote.

What did you learn about you and your brain?

Are your brain and your DNA programmable?

Why: List 3 examples

What is the difference between your beta and theta brain wave in the way you process your thoughts and feelings?

List 4 examples.