



## The Cranial Release Technique How CRT Is Transforming Lives by Optimizing Brain Function (Paperback)

By William Doreste, Patrick Kelly Porter, Bob Hoffman

Portervision, LLC, United States, 2015. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Learn how CRT is helping our society is in the midst of many epidemics-obesity, diabetes, depression, heart disease, cancer, and addiction-to name a few. But in reality, there is only one epidemic-and it threatens our entire way of life. It's the root cause and driving force behind every other epidemic our nation faces. This neurological epidemic is an unforeseen consequence of the 21st Century high-tech, stressed-out lifestyle that has our nervous systems reeling as daily stress forces our bodies to pump out stress hormones in near-lethal amounts, causing anxiety, depression, insomnia, weight gain, and susceptibility to disease. It's a national crisis of epic proportions. Brain-based wellness and the new health paradigm Fortunately, leaders in the field of mind/body health have spent more than two decades researching the problem and developing safe, drug-free methods for undoing the damage caused by excess stress while creating a flourishing brain. How might your life improve if you could consistently reduce or eradicate stress and worry while gaining emotional stability and mental harmony? What if you could eliminate sleep disturbances...



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