



The One-Minute Brain Trainer : The Neuro-Psychology of Winning

Pierre Provost

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Instantly program your mind for success in one minute with 3 powerful strategies that are guaranteed to change your brain and change your life.

Unleash the power of your mind to skyrocket your self-confidence, eliminate procrastination and mind wandering.

You will learn how to use... One-Minute Brainwaves, One-Minute Beliefs, and One-Minute Behaviors to quickly and easily build your brainpower for personal excellence whether you be a business owner, a salesperson, an athlete, a musician, an entertainer, a writer, a student or a parent.

"You are holding in your hands the knowledge you need to take your life to the next level, take it, use it and share it with everyone you know as a gift."

It's the most important book you will ever read!

- What is the stranger's quest
- Help from the One-Minute Brain Trainer
- The First Secret Brain Code
- Your One-Minute Brainwave Checklist
- The Second Secret Brain Code
- Your One-Minute Belief Checklist
- The Brain Master Audit
- The Third Secret Brain Code
- Your One-Minute Behavior Checklist
- The Power Of The Brain Explained
- Your One-Minute Brain Tools
- Your One-Minute Brain Tool Checklist
- Why One-Minute Beliefs Work
- Why One-Minute Behaviors Work
- Your 30-Day Challenge
- The Gift Inside You To Give
- One Favor The One-Minute Brain Trainer Asks Of You

Reviews

"Pierre Provost's latest book "The One-Minute Brain Trainer" is more than just an excellent, entertaining and engaging read. It is one of the most important books you will ever read. Pierre has captured everything you need to know about caring for one of your most precious assets your amazing 3-pound human brain. I recommend this great non-technical, story-form book to every brain owner looking for top mental functioning. It is an excellent investment.

~ Dr. Jill Ammon-Wexler, Pioneer brain/mind researcher Founder of the Quantum Brain Gym

“Congratulations on your magnificent Success & Well-Being Masterpiece!!! Your amazing work is one of the simplest, most comprehensive and powerful Success Systems ever written, that will bless the lives of all who read it. I greatly look forward to learning, using and sharing “The One-Minute Brain Trainer” with others. Thank you for writing and sharing it; I will be more than happy to endorse and promote your masterpiece always.”

~ Dr. Joy Macci, President

“I just read The One-Minute Brain Trainer and I love it. Congratulations!”

~ John Assaraf, Multi-millionaire and best-selling co-author of The Answer

“Pierre Provost's latest book, The One-Minute Brain Trainer, is amazing. For years I have been teaching about metaphysics and success and now we have proof from neuroscientists that we do indeed create our own reality. As you read this powerful story of a neuroscientist who discovered the secrets to success you will be inspired to immediately take control of your own destiny and you will know HOW TO. This book is recommended by me 110%. Again Pierre amazing work to help us all. THANK YOU.”


~ Michele Blood, Creator of the psychological discovery MusiVation.

About the Author

Pierre Provost is a best-selling author, educator and consultant/brain trainer. He is the author of the highly acclaimed Mental Training for Winning Series. It is a widely used bible on motivation and peak performance.

Mr. Provost holds a B.A. in Psychology and Physical Education and a M.Sc. in Kinesiology from the University of Ottawa. He is a certified teacher who has taught at all levels of education and trained thousands of people at workshops and seminars across Canada and the United States. He has shared the speaking platform with best-selling authors, world champions and gold medal winners. He has advised professional athletes, business people and multi-millionaires in peak performance psychology, copywriting and marketing.

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From reader reviews:

Darlene Johnson:

This The One-Minute Brain Trainer : The Neuro-Psychology of Winning book is not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is actually information inside this reserve incredible fresh, you will get facts which is getting deeper you read a lot of information you will get. This The One-Minute Brain Trainer : The Neuro-Psychology of Winning without we realize teach the one who studying it become critical in thinking and analyzing. Don't be worry The One-Minute Brain Trainer : The Neuro-Psychology of Winning can bring when you are and not make your carrier space or bookshelves' turn out to be full because you can have it with your lovely laptop even telephone. This The One-Minute Brain Trainer : The Neuro-Psychology of Winning having excellent arrangement in word as well as layout, so you will not truly feel uninterested in reading.

Joyce Bullock:

The particular book The One-Minute Brain Trainer : The Neuro-Psychology of Winning has a lot associated with on it. So when you check out this book you can get a lot of profit. The book was authored by the very famous author. Mcdougal makes some research prior to write this book. This particular book very easy to read you can get the point easily after perusing this book.

Modesto Delarosa:

People live in this new day time of lifestyle always try to and must have the spare time or they will get great deal of stress from both everyday life and work. So , when we ask do people have spare time, we will say absolutely without a doubt. People is human not really a robot. Then we ask again, what kind of activity are there when the spare time coming to you actually of course your answer will probably unlimited right. Then ever try this one, reading ebooks. It can be your alternative inside spending your spare time, typically the book you have read is actually The One-Minute Brain Trainer : The Neuro-Psychology of Winning.

Tony Hogan:

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