



New Beliefs, New Brain: Free Yourself from Stress and Fear

Lisa Wimberger

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Stress is a silent killer. New Beliefs, New Brain shares methods for healing the negative impacts of stress and fear that many police and firefighters rely on to stay sharp on the job and in life — “first responders” have the MOST stressful jobs! Combining her personal experiences with an effective and easy-to-understand approach, Lisa Wimberger teaches powerful meditation practices that will improve the mental and emotional quality of life for those who are suffering. These techniques can be used at any time to turn back the body’s clock, regenerate the mind, break negative patterns, and heal emotional wounds.



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