



Becoming Aware: How to Repattern Your Brain and Revitalize Your Life

Lisa Garr

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Lisa Garr wants you to stop going through the motions in life. She wants you to become aware. Her mission on her internationally syndicated radio program, *The Aware Show*—and now in her first book—is to inspire positive growth in all areas of life and bring conscious conversations into everyone’s living room.

Lisa’s own story is remarkable. Several years ago, she suffered a traumatic brain injury during a freak biking accident that rendered her unable to speak or rely on her short-term memory. She not only used cutting-edge EEG techniques to heal but also set out to live a different life than the one she was leading in her pre-accident days. Lisa used this experience as a wake-up call and decided to transform in every way possible, including marrying her true love and giving birth to their daughter.

Today, the woman who couldn’t even say a few words is a radio and Internet sensation with a massive, swiftly growing audience and multimedia platform. Now she brings the lessons she has learned from countless interviews with inspirational, spiritual, and new-thought leaders to the pages of this book. She discusses how she’s applied them to her own life, and explains how you can, too.

Lisa will show you how to:

- Use what she calls “brain-nastics” to help you repattern your brain for optimal function
- Create what you want on multiple levels and become a Conscious Catalyst for change
- Overcome stress; make your health a priority; and learn to be a better parent, partner, friend, and co-worker
- Get back on track when you encounter a roadblock—or when life seems to hit you on the head (as it did her!)

Join Lisa on an inspiring journey of positive growth. As you learn to become aware and use your own maximum wattage, you’ll find that life is full of amazing possibilities!

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From reader reviews:

Linda Musselwhite:

Have you spare time for the day? What do you do when you have far more or little spare time? Yep, you can choose the suitable activity regarding spend your time. Any person spent all their spare time to take a wander, shopping, or went to the Mall. How about open or read a book called Becoming Aware: How to Repattern Your Brain and Revitalize Your Life? Maybe it is to get best activity for you. You already know beside you can spend your time using your favorite's book, you can more intelligent than before. Do you agree with it has the opinion or you have additional opinion?

Nick Zapata:

As people who live in often the modest era should be up-date about what going on or info even knowledge to make these keep up with the era which is always change and advance. Some of you maybe can update themselves by reading through books. It is a good choice for yourself but the problems coming to you actually is you don't know what one you should start with. This Becoming Aware: How to Repattern Your Brain and Revitalize Your Life is our recommendation to help you keep up with the world. Why, as this book serves what you want and need in this era.

Kimberly Pratt:

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John Thornton:

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