

X-Treme Brain

HEALTHY RELATIONSHIP EDITION

A Brilliant Multimedia Brain & Relationship Building
Boot Camp and Workshop Presented by
Pat Johns and Kary Kruger
Exploring for a Stronger and More Disciplined
Mind & Healthier, More Satisfying Relationships

Take a fascinating journey
to a place of better
understanding of the role of
the brain & the mind
and how they relate to your relationships.

JOIN US AS WE EXPLORE:

- **New Ways of Thinking & Learning**
- **The Basic Nature of Motivation & Change**
 - Visualization Exercises
 - Brain Balancing Techniques
 - Personality Style Analysis
 - The Brain / Body in Love
- **Love Addiction in our Culture**
 - Emotional Regulation
 - Life Script
 - Balancing Love & Power
- **Trauma, Healing & Transformation**
 - Healthy Relationships

Resources and reference materials include: *A Whole New Mind* by Daniel Pink, *Mans Search for Meaning* by Viktor Frankl, *Stroke of Insight* by Dr Jill Bolte Taylor, *When Elephants Weep* by Masson and McCarthy, *The Brain that Changes Itself* by Dr Norman Doidge, *A New Earth and The Power of Now* by Eckhart Tolle, *Footprints in the Shadow of Giants* by Pat Johns, *The Secret* by Rhonda Byrne, *Love's Way, Is It Love or Is It Addiction?*, and *Loving Me, Loving You* all by Dr Brenda Schaeffer, *Scripts People Live* by Claude Steiner, *Waking the Tiger: Healing Trauma* by Peter Levine and Ann Frederick

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Workshop Information & Registration: www.x-tremebrainseries.com