

# X-Treme Brain

A Brilliant Multimedia Brain Building  
Boot Camp and Workshop Presented by  
Pat Johns and the PFJ Communications Team  
Exploring for a Stronger and  
More Disciplined Mind

Take a fascinating journey  
to a place of better  
understanding of the role of  
the brain & the mind.

Explore:

- **New Ways of Learning**
- **New Ways of Thinking**
- **The Basic Nature of Motivation & Change**
- **Visualization Exercises**
- **Brain Balancing Techniques**
- **“Personality Style Analysis”**

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

*Drawing on the Right Side of the Brain* by Betty Edwards

*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

*Blink* by Malcolm Gladwell

*The Secret* by Rhonda Byrne

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