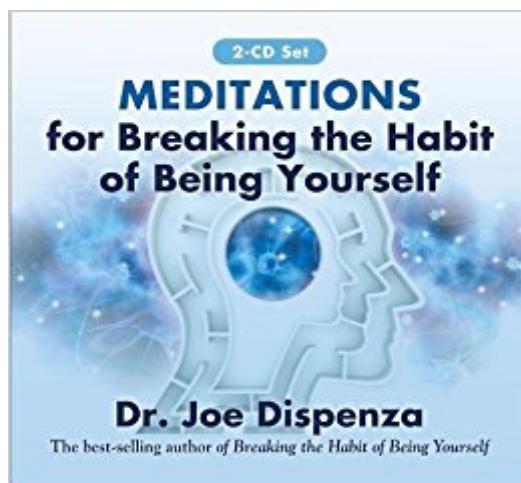


The book was found

# Meditations For Breaking The Habit Of Being Yourself: Revised Edition



## **Synopsis**

Â Â Â This mental-rehearsal CD set, the four-week guided-meditation companion program to Dr. Joe Dispenzaâ™s book *Breaking the Habit of Being Yourself*, is designed to move you from the analytical Beta brain-wave state to the state of Alpha, and develop your ability to sustain coherent brain-wave patterns. By placing your awareness on different parts of your body âœin spaceâ• and on âœthe space around your body,â• as instructed by Dr. Joe, you are altering your brain so that you enter into the operating system of your subconscious mindâ "where unwanted habits and programs exist. The objective is to learn to stay present and make meditation a skill. It is from this new place that you will begin to make the changes in your life that you desire!

## **Book Information**

Audio CD: 2 pages

Publisher: Hay House, Inc.; Revised ed. edition (June 10, 2015)

Language: English

ISBN-10: 1401949754

ISBN-13: 978-1401949754

Product Dimensions: 4.8 x 0.5 x 5.6 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 86 customer reviews

Best Sellers Rank: #12,839 in Books (See Top 100 in Books) #1 inÂ Books > Books on CD > Health, Mind & Body > Personal Growth #1 inÂ Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #1 inÂ Books > Books on CD > Health, Mind & Body > Meditation

## **Customer Reviews**

Dr Joe Dispenza's entertaining and highly accessible manual for rewiring your mental and emotional circuitry carries a simple but potent message: what you think today determines how you live tomorrow. Lynne McTaggart, bestselling author of *The Field* and *The Bond* Dr Joe Dispenza wants to empower you to let go of negative beliefs and embrace the positive. This intelligent, informative, practical book will help you be your best, freest self. Judith Orloff, author of *Emotional Freedom* If you've always known that there's more to you than you learned in Biology 101, but find yourself intimidated by the technical language of science, this is the beautiful book you've been waiting for! Gregg Braden, bestselling author of *Deep Truth* and *The Divine Matrix* This kind of work takes real commitment, but the book gives readers the essential tools. It is an unusually clear synthesis of theory and practice that can make a real difference to those prepared to do the necessary work.

## The Network Review

Joe Dispenza, D.C., New York Times best-selling author of *You Are the Placebo*, studied biochemistry at Rutgers University. He also holds a Bachelor of Science degree with an emphasis in neuroscience, and earned his Doctor of Chiropractic from Life University. He has received postgraduate training and continuing education in neurology, neuroscience, brain function and chemistry, cellular biology, memory formation, and aging and longevity. One of the scientists, researchers, and teachers featured in the award-winning film *What the BLEEP Do We Know!?*, Dr. Joe has lectured in 26 different countries and helped thousands of people around the world meet their goals. For more information about Dr. Joe and his workshops, please visit: [www.drjoedispenza.com](http://www.drjoedispenza.com).

I bought my copy of these two meditations directly from Dr. Joe's website as a download for \$4.95 for the both of them, instead of \$14.82 for the CD that's listed here. He must have read your criticisms and re-recorded it, because the sound quality is decent enough for an mp3 file: 44.1 kHz at 192 kbps (one reviewer here said the CD audio quality was VERY bad). And, there is none of the offending sibilance (hissing sounds) in evidence. His website says, "new edition now includes an introduction by Dr. Joe & new song," which implies that he must have issued a new recording of these two meditations. So you might want to avoid the older version listed here. That said, the biggest problem I had with these new files is the darn gongs going off. There are three of them in each meditation, one for each week of the program. For the fourth week, you're supposed to meditate through to the end. The induction portion of the meditation does a great job of getting you very relaxed. Then, instead of letting you drift peacefully into the next section (Week 2, if you're following along with the book) you are hit on the head with a sonic bomb, bringing you right out of your trance. Kinda defeats the purpose of a deep meditation, doesn't it? My solution was to open the files in a sound editor, isolate the offending gong sounds, and then replace those sections with matching sections from the original music. This was quite a bit of work, but at least now I can either stop when I hear him introducing the next script, or drift peacefully into the next week's lesson without being gonged over the head. To me, the gongs were a real mood killer when you're trying to stay in a meditative state. Sorry, Dr. Joe. No more gongs for you, OK?

Have had anxiety since I was young. The book and tape have been very helpful! I have noticed a

reduction in stress. I like his methods and that there is science to back up his ideas. Still reading it and working with the meditation CD's.

I actually like the book much better, but if you want meditations that you don't have to tape yourself, these are great.

I have the book too....I love Joe Dispenza! He is a brain surgeon that tells us exactly how the brain works and why we think things. He also talks about the untapped energy we have within our creative spirit....this is awesome.

I love all of Dr. Joe Dispenza's programs. Helps a lot.

Anyone who is interested in improving their life, this is a must. I also recommend the book that it goes with for clarification and understanding of the process.

I'm a Dr. Joe follower and this CD is wonderful.

In my personal case not enough helpful. Sorry to say it.

[Download to continue reading...](#)

Meditations for Breaking the Habit of Being Yourself: Revised Edition  
Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One  
Crazy Is My Superpower: How I Triumphed by Breaking Bones, Breaking Hearts, and Breaking the Rules  
TIDYING UP: ORGANIZE & DECLUTTER  
10 MINUTE CLEANING HABIT:SIMPLE STRESS-FREE HABIT TO SPARK JOY  
WHEN YOU TIDY UP  
Habit 5 Seek First to Understand then to be Understood: The Habit of Mutual Understanding (The 7 Habits)  
Habit 7 Sharpen the Saw: The Habit of Renewal (7 Habits of Highly Effective People Signature)  
Habit 1 Be Proactive: The Habit of Choice (The 7 Habits)  
Habit 4 Think Win-Win: The Habit of Mutual Benefit (7 Habits of Highly Effective People Signature)  
Habit 3 Put First Things First: The Habit of Integrity and Execution (7 Habits of Highly Effective People Signature)  
Habit 2 Begin With the End in Mind: The Habit of Vision (7 Habits of Highly Effective People)  
Habit 6 Synergize: The Habit of Creative Cooperation (7 Habits of Highly Effective People Signature)  
The Little Book of Big Change: The No-Willpower Approach to Breaking Any Habit  
Stop Being Your Symptoms and Start Being Yourself: The 6-Week Mind-Body Program to Ease Your Chronic Symptoms  
How To Represent Yourself in Family Court: A step-by-step guide to giving

yourself the best chance of successfully representing yourself in court (How2Become) Day by Day: Daily Meditations for Recovering Addicts (Hazelden Meditations) Food for Thought: Daily Meditations for Overeaters (Hazelden Meditations) Tending Dandelions: Honest Meditations for Mothers with Addicted Children (Hazelden Meditations) The Promise of a New Day: A Book of Daily Meditations (Hazelden Meditations) Meditations for Manifesting: Morning and Evening Meditations to Literally Create Your Heart's Desire Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)