



Back in Charge!: A Guide to Harnessing the Magic of Your Brain to Create the Life You'll Love

Adrienne Ahern

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Most of us feel challenged in some area of life—our careers, our health, or maybe our relationships.

According to Dr. Adrienne Ahern, we are being thwarted by the hardwiring of our brains. Her powerful techniques train the brain to support optimal health, success, and well-being.

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