



The One-Minute Brain Trainer : The Neuro-Psychology of Winning

Pierre Provost

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Instantly program your mind for success in one minute with 3 powerful strategies that are guaranteed to change your brain and change your life.

Unleash the power of your mind to skyrocket your self-confidence, eliminate procrastination and mind wandering.

You will learn how to use... One-Minute Brainwaves, One-Minute Beliefs, and One-Minute Behaviors to quickly and easily build your brainpower for personal excellence whether you be a business owner, a salesperson, an athlete, a musician, an entertainer, a writer, a student or a parent.

"You are holding in your hands the knowledge you need to take your life to the next level, take it, use it and share it with everyone you know as a gift."

It's the most important book you will ever read!

- What is the stranger's quest
- Help from the One-Minute Brain Trainer
- The First Secret Brain Code
- Your One-Minute Brainwave Checklist
- The Second Secret Brain Code
- Your One-Minute Belief Checklist
- The Brain Master Audit
- The Third Secret Brain Code
- Your One-Minute Behavior Checklist
- The Power Of The Brain Explained
- Your One-Minute Brain Tools
- Your One-Minute Brain Tool Checklist
- Why One-Minute Beliefs Work
- Why One-Minute Behaviors Work
- Your 30-Day Challenge
- The Gift Inside You To Give
- One Favor The One-Minute Brain Trainer Asks Of You

Reviews

"Pierre Provost's latest book "The One-Minute Brain Trainer" is more than just an excellent, entertaining and engaging read. It is one of the most important books you will ever read. Pierre has captured everything you need to know about caring for one of your most precious assets your amazing 3-pound human brain. I recommend this great non-technical, story-form book to every brain owner looking for top mental functioning. It is an excellent investment.

~ Dr. Jill Ammon-Wexler, Pioneer brain/mind researcher Founder of the Quantum Brain Gym

“Congratulations on your magnificent Success & Well-Being Masterpiece!!! Your amazing work is one of the simplest, most comprehensive and powerful Success Systems ever written, that will bless the lives of all who read it. I greatly look forward to learning, using and sharing “The One-Minute Brain Trainer” with others. Thank you for writing and sharing it; I will be more than happy to endorse and promote your masterpiece always.”

~ Dr. Joy Macci, President

“I just read The One-Minute Brain Trainer and I love it. Congratulations!”

~ John Assaraf, Multi-millionaire and best-selling co-author of The Answer

“Pierre Provost's latest book, The One-Minute Brain Trainer, is amazing. For years I have been teaching about metaphysics and success and now we have proof from neuroscientists that we do indeed create our own reality. As you read this powerful story of a neuroscientist who discovered the secrets to success you will be inspired to immediately take control of your own destiny and you will know HOW TO. This book is recommended by me 110%. Again Pierre amazing work to help us all. THANK YOU.”


~ Michele Blood, Creator of the psychological discovery MusiVation.

About the Author

Pierre Provost is a best-selling author, educator and consultant/brain trainer. He is the author of the highly acclaimed Mental Training for Winning Series. It is a widely used bible on motivation and peak performance.

Mr. Provost holds a B.A. in Psychology and Physical Education and a M.Sc. in Kinesiology from the University of Ottawa. He is a certified teacher who has taught at all levels of education and trained thousands of people at workshops and seminars across Canada and the United States. He has shared the speaking platform with best-selling authors, world champions and gold medal winners. He has advised professional athletes, business people and multi-millionaires in peak performance psychology, copywriting and marketing.

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From reader reviews:

Clarence Danner:

The actual book *The One-Minute Brain Trainer : The Neuro-Psychology of Winning* has a lot of details on it. So when you check out this book you can get a lot of advantage. The book was written by the very famous author. The author makes some research prior to write this book. This kind of book is very easy to read and you may get the point easily after reading this article book.

Lauren Clarke:

The One-Minute Brain Trainer : The Neuro-Psychology of Winning can be one of your nice books that are a good idea. We all recommend that straight away because this guide has good vocabulary that will increase your knowledge in words, is easy to understand, a bit entertaining but nevertheless delivers the information. The author gives his/her effort to get every word into an enjoyable arrangement in writing *The One-Minute Brain Trainer : The Neuro-Psychology of Winning* although doesn't forget the main position, giving the reader the hottest and based confirmed resource information that maybe you can be one among it. This great information can certainly draw you into a brand new stage of crucial thinking.

Jennifer Stephens:

This *The One-Minute Brain Trainer : The Neuro-Psychology of Winning* is a brand new way for you who has an interest to look for some information given it relieves your hunger for information. Getting deeper you in it, getting knowledge more you know or perhaps you who still have a tiny amount of digest in reading this *The One-Minute Brain Trainer : The Neuro-Psychology of Winning* can be the light food to suit your needs because the information inside this kind of book is easy to get through anyone. These books build themselves in the form which is reachable by anyone, that's why I mean in the e-book type. People who think that in e-book form make them feel tired even dizzy, this book is the answer. So there is not any in reading an e-book especially this one. You can find exactly what you are looking for. It should be here for a person. So, don't miss that! Just read this e-book type for your better life and also knowledge.

Mary Linkous:

As we know that a book is an essential thing to add our knowledge for everything. By a reserve we can know everything we want. A book is a pair of written, printed, illustrated or blank sheet. Every year ended up being exactly added. This publication *The One-Minute Brain Trainer : The Neuro-Psychology of Winning* was filled regarding science. Spend your free time to add your knowledge about your research competence. Some people have a distinct feel when they read the book. If you know how big the selling point of a book is, you can truly feel enjoy to read a guide. In the modern era like currently, many ways to get the book you wanted.

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