



Mengoptimalkan Otak Supaya Awet Muda (Indonesian Edition)

Femi Olivia

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Synopsis: Unhappiness makes us sickly and old. We only live once and we should fill it with positive things that make us happy. Life has its ups and downs but we can minimize our unhappiness. The book provides the step by step to help you explore your life, asses your level of happiness and find more happiness in your life. Press the happy button in your brain in order to: ? Avoid depression and be happier ? Reduce toxic thoughts and use inspiring thoughts to deal with difficult times and achieve self-happiness ? Use cinematic therapy and exercise reflective and positive thinking ? Think differently and creatively with Happy Injection ? Manage your mood and prevent dementia and Alzheimer ? Hone your spiritual and mental intelligence ? Use movies to connect the 7 self intelligence and self therapy
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