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January 02nd 2013: Make Change Work for You!

Have you been frustrated with your past attempts to fulfill your goals? Do you have a pattern of sabotage and procrastination? Have you made countless resolutions and plans but failed to turn them into lasting change in your life? It's a common human pattern but an unnecessary one. Understanding the mechanism of change and how to use the brain's natural ability for learning can make all the difference. Based on the writings of Dr Joe Dispenza we will explore the concept of neuroplasticity in creating lasting change. We'll discuss the steps to achieve lasting change in your life, no matter

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