



## Heal Your Concussion: 21 Days to Brain Health

By Dr Joanny Liu

Harmoni Health Inc, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.INSIDE: DOWNLOAD the Audiobook for FREE For a limited time you can download the audiobook version FREE with your purchase. You can listen while reading the book or anywhere. Reader Reviews: This book is a very practical and straightforward guide to healing from a concussion. Dr. Lee Tasker, R. Kin; PhD The advice is clear and practical, and actually applicable for good brain health concussion or not! Covering topics like Self-Talk, Responsibility, and the ability to transform our circumstances by transforming our thinking, responses and perspective were covered in an easy to understand steps to freedom and healing. Top marks. DL Martin I love this innovative way of healing!!! All doctors need to learn about this. Must-read for anyone experiencing brain fog, depression, irritability, or any symptoms after an injury. Dr. Kim D Eramo What makes this groundbreaking book about healing concussions different from every other concussion book on the market? In this book you will discover: Which foods slow down healing your brain and which ones speed it up How to direct your brain and...

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