



# Awakening the Brain: The Neuropsychology of Grace

*Charlotte Tomaino*

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**Awaken your brain and unleash your hidden potential.**

Human potential cannot be quantified. The more we learn about the brain, the more hidden promise we unearth.

What if you could harness the full spectrum of your abilities by engaging your brain in such a way to expand your awareness and broaden your skill sets? Through simple exercises and insights, you can increase your capacity to learn and fundamentally change the way your brain functions.

In *Awakening the Brain*, Dr. Charlotte A. Tomaino reveals how the way you think and what you believe can actually awaken your brain and expand your consciousness. You'll learn how to:

- read your Brain-Body Compass to make positive choices;
- alleviate stress to keep your brain in its optimal arousal state;
- focus your mind to guide your thoughts and emotions;
- connect with the inherent strength of your intuition; and
- engage the full power of your thoughts and beliefs.

Microsoft Tags throughout the book link to free explanatory videos for those who want more information. Wake up to your true potential!

## Awakening the Brain: The Neuropsychology of Grace Details

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Author : Charlotte Tomaino

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## From Reader Review Awakening the Brain: The Neuropsychology of Grace for online ebook

### Joalby Phoenix says

I received this book through a Advanced Reading Program & I was looking forward to it muchly as Neuropsychology and more importantly Neuroplasticity has always been a big interest of mine. I expected more of a clinical viewpoint on new advances on beliefs and how they influence the brain. I was much more pleased with the book when I realized it was much more. I am excited for the second book Charlotte Tomaino is working on that she mentioned in the epilogue. No doubt it will be a personal and informational continuation of the practices set forth in Awakening The Brain.

The concept of Theory greatly sparked my interest in continued study & I am now excited to read further about it.

A friend of mine who is also very interested in the study of Neuropsychology will be reading the book next & I expect he will like it just as much as I did.

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### Michaeld says

I received this book through the GoodReads Giveaways.

I was quite interested in reading it, hoping it would provide me with some new knowledge in regards to the world of neuropsychology.

When I received this book and worked my way to reading it, I learned that it was a good collaboration of knowledge that I've obtained through reading books in neuroscience and my college project in global healing through meditation.

Charlotte Tomaino in a nut shell = nun meets neuroscience. She brings in the world of spiritual awareness into the world of neurological processing. I've read a vast number of books in neuroscience, psychology and meditation. I've also read quite a bit of research on the up and coming research in neurophysiology on the effects of meditation (I'm currently in a lab that works on meditation studies at OHSU).

Overall, I did not learn anything spectacularly novel - doesn't mean this book isn't no full of interesting information, I've just educated myself on it before. But in the end, it was a good read.

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### Burky Ford says

Spelled, "cynchronicity".

There is too much talk about the Catholic Church, for my taste. This will prevent a 5-star rating.

However, the concept of surendipty or cynchronicity (sp?) is quickly moving from an embarrassing theory to an accepted fact.

At first, I thought this was a common experience. But life has taught me to be careful who I ask about this. Most people can not relate to this and think I'm crazy.

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### **E.A. says**

Highly recommend reading this book on neural development and neuroplasticity, and what it means for ourselves, our interpersonal relationships and our communities.

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### **Charity says**

Being a scientist myself interested in the wonders and mysteries of the brain, also being a person of strong faith, often times I find myself wondering how they connect. It will be fascinating to hear the perspective of another regarding the two. Author Charlotte Tomaino, is courageous to take on such a subject. I also applaud her for moving past science and connecting it with absolute truth. I look forward to the read.

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