



MindFitness Training: The Process of Enhancing Profound Attention Using Neurofeedback

Adam Crane, Richard Soutar

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We all want good health, live life creatively, avoid suffering, experience deep personal relationships and live our lives fully as possible. We want time and opportunity to enjoy this marvelous earth and be valued by society. What are we willing to do (or not do) to improve the quality of our day to day lives? The Process takes on the challenges of transforming the commonplace into the extraordinary, of bringing about healthy change in as many lives as possible, of learning and practicing together the art of adventuring into the unknown, of changing periods of second hand consciousness into a fuller awareness and expression of the original life, of allowing the greatest potentials of the mind/body to unfold. The mission of The Process Project is to make the art and science of self-actualization and self-knowledge available to as many as possible. The decade of the Brain has opened onto the Century of the Mind. Your personal horizons may be infinite.

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