



What Color Is Your Brain Scan?: The Answers Are in Your Head and Habits

By MR Jim Rauth

Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. This book is dedicated to my four friends who died of addiction before age 28, author Jim Rauth. Are you an egg or a wheel? Rauth s book asks readers in a unique quiz designed to recognize eight specific attributes of one s life in order to observe what areas are their strengths and in what areas a person may lack. The quiz divides a circle (or a wellness wheel) into eight dimensions and suggests that when properly balanced the wheel could roll easily throughout one s life like a steam train. When one or more of these eight dimensions are unequal with the other, due to an imbalance with a particular aspect of a person s life, this shape turns into an oblong or egg-like shape; which does not help with the forward momentum many of us could benefit from. Personal empowerment can mean a lot of things to each person, but recognizing one s strengths and strengthening one s weaknesses entails a level of personal insight that is nothing less than powerful. - MATC TIMES...



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