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Nathan ' s message is that we are not subject to the biology dictated by the brain, but rather, it ' s actually an interactive process ...

Change your Brain – Change your Life! -
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Good brain habits include protecting your brain because even minor head injuries can cause mental health problems and cognitive issues, drinking enough water because even a little dehydration lowers brain function, doing some physical

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Change Your Life! ' takes a broader perspective than Nathan ' s previous talks.

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This new discussion explores the inherent ability in everyone ' s brain to be able to change the ' wiring ' of their brain and thereby improve their level of happiness, well-being and overall quality of life.

Nathan ' s message is that we are not subject to the biology dictated by the brain, but rather, it ' s actually an

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interactive process — the biology of the
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