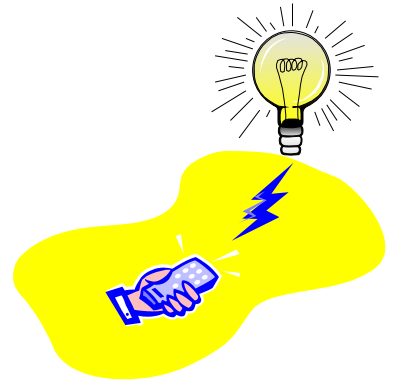




## REWIRING OUR BRAINS, CONSTRUCTIVELY

Our brains are truly remarkable. Our brains enable us to adapt to new situations, learn new skills and discover new ways of doing things. Our brains have all the resources we will ever need.

What is even more remarkable, is that our brains keep on learning while we sleep. Many of us have had the experience of going to sleep at night with a niggly problem. And, waking up to discover a solution just pops into our heads. This is the power of our subconscious mind. In consolidating the day's learnings, our hippocampi have mulled over our day's efforts and played around with neural connections until a solution was found. Our hippocampus then kindly waited for us to wake up before presenting the solution.



We can also harness more of our brain's potential and rewire ourselves constructively. The secret to doing so lies in harnessing our hippocampi, whilst quietening down our amygdalae (the brain's danger detector). And we can do so in three ways:

- ★ **Exercise.** Any form of exercise increases the agility of our hippocampi, making it easier for it to make new neural connections. The benefit of exercise on the hippocampus can last up to 24 hours. So, be sure to exercise every day.
- ★ **Relax.** Relaxation techniques helps calm the amygdala, freeing the hippocampus to work unhindered. You can use massage, deep breathing, systematic muscle relaxation, self-hypnosis, yoga, meditation or hypnosis. However, if your body cannot relax, or if you have been stressed, frazzled, anxious or worrying a lot, it may be useful to have some formal hypnosis in order to truly calm your amygdala.
- ★ **Curiosity.** Hippocampal learning is enhanced by simply engaging your curiosity.

At the end of the day, your hippocampus will be grateful; your amygdala will have a good rest and you can have the benefits of a growing mind.

So what are you doing to rewire your brain today?

### OUR MISSION

To provide a professional service, using best practices.

### OUR MOTTO

- Be Proactive.
- Take Charge of Your Career.
- Look After Your Health.

Membership: \$55 per calendar year.  
As membership grows, so too, do your benefits.

Applications for membership can be made by completing the reply slip on the back page of HQ™. Send it, along with your cheque, to the address shown below.

To ensure an uninterrupted subscription to HQ® and CQ®, be sure to advise us of any changes to your contact details.

Your opinions are important to us. We invite your comments, feedback, and criticisms and etc. on this and future issues. Enquiries, or requests for further information can also be made to the address below.



REPLY SLIP AND REQUESTS FOR INFORMATION

- I would like to become a member of Rachel Abramson & Associates. I understand that membership includes calendar year subscriptions to CQ® and HQ®, entry to the SEMINARS OF THE FUTURE® and PROFESSIONAL PRACTICE PROGRAM Seminars, as well as library borrowing privileges.
I would like to book into the following SEMINARS OF THE FUTURE® and PROFESSIONAL PRACTICE PROGRAM seminars.
Wednesday 2nd March Designing the Career of Your Future
Monday 7th March PP31: Advanced Marketing: Creating Your Own Website
Monday 4th April PP32: Advanced Marketing: Building Your Own Newsletter
Wednesday 6th April PP\*6: Mapping Your Enterprise's Full Potential
Monday 2nd May PP33: Advanced H.R.: Keeping the Best People
Wednesday 4th May Interviewing Employers for Your Career Success
Wednesday 1st June PP\*7: Breaking Down the Barriers to Your Enterprise's Full Potential
Monday 6th June PP34: Advanced H.R.: Staffing to 'Retire'
Monday 4th July PP35: Advanced Strategy: Buying Knowledge for Growth
Wednesday 6th July Communicating for Career Success
Monday 1st August PP36: Advanced Finance and Strategy: Buying Established Businesses
Wednesday 3rd August PP\*8: Wow!ng Your Customers
Monday 5th September PP37: Advanced Entrepreneurial Spirit: Earning While You 'Sleep'
Wednesday 7th September Dealing with Difficult CoWorkers
Monday 3rd October PP38: Advanced Entrepreneurial Spirit: Remaining Competitive
Wednesday 5th October PP\*9: Making the Big Plays
Wednesday 2nd November Your Wealth Creation Plan III: Making the Right Choices
Monday 7th November PP39: Advanced Entrepreneurial Spirit: Cashing in On Your Business
Monday 5th December PP40: Dedicated Advanced Strategy: Reinventing Yourself, Your Business
Wednesday 7th December PP\*10: Lobbying for Success
Saturday 10th December Graduation Ceremony

- I would like to order a copy of the Self Hypnosis audio tapes for:
anxiety management sleeping well
resolving problems and issues of concern stress management and relaxation

- I would like additional information about the:
Hypnotically Overcoming Pain Program
CAREER DAYZ™ Program Managing Anxiety Program
ReTreat Program: Exercising the Mind
SEMINARS OF THE FUTURE® Stop Smoking Program
Stress Management Program
PROFESSIONAL PRACTICE PROGRAM Weight Management Program

FEES: 1) Membership for 2011 Calendar Year: \$55 ..... \$
2) Self Hypnosis audio tapes \$33 each
Plus: \$5.50 audio tape postage and handling fee ..... \$
Please make cheques payable to Rachel Abramson. All fees include 10% GST.

Name:
Address: Postcode:
Phone: (bh) (ah) Mob:
e-mail: web: