



Your Brain: Three Pounds of Fat Equals Your Life and Your Destiny (Paperback)

By Peter Eppinga M D

Word Alive Press, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.I recently graduated from medical school, and during my medical training I became deeply fascinated with the brain. I loved everything about it and how it works. Most people know little about it, and yet it is responsible for our life. Your mind is housed in your brain, and it is your mind that will determine who you are. In this book, I give many interesting facts and insights into your brain. There are several ways we need to take care of it, including proper sleep and exercise, in order to reap all its benefits and for it to function optimally. This three-pound piece of fat truly does contain your destiny, and you need to learn about it and look after it. There is a reason as to why you are here. From the moment of conception to the end, God knows your life. God never starts anything that is not already complete, including YOU. My desire and hope is to make God's vision for your life clearer to you. There are many tools in this book to help you see this...



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