



mBIT Coaching Workbook

Grant Soosalu

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The latest neuroscience findings show that we have brains not just in our head, but also in our heart and gut. Each of these complex, adaptive and functional neural networks has its own core competencies and specific prime functions. By tapping into and aligning the innate intuitive intelligence of these brains you can learn to generate wiser decision-making both at work and in your daily life. Providing you with practical and easy to do exercises, this Coaching Workbook guides you in exploring, uncovering and refining the skills and patterns you have for communicating with and aligning the intelligence of your multiple brains. Utilizing powerful methodologies of multiple Brain Integration Techniques (mBIT), NLP, Cognitive Linguistics, Positive Psychology and Behavioral Modeling, the authors have provided a powerful and integrated approach that is practical, potent, and immediate in its results. The exercises in this Workbook can help you transform your relationship to yourself, to others, and to the world in which you live. If you're serious about your self-evolution, this book can truly make a generative difference! The mBIT Coaching Workbook guides you in exploring your three brains for greater wisdom, success and happiness.

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