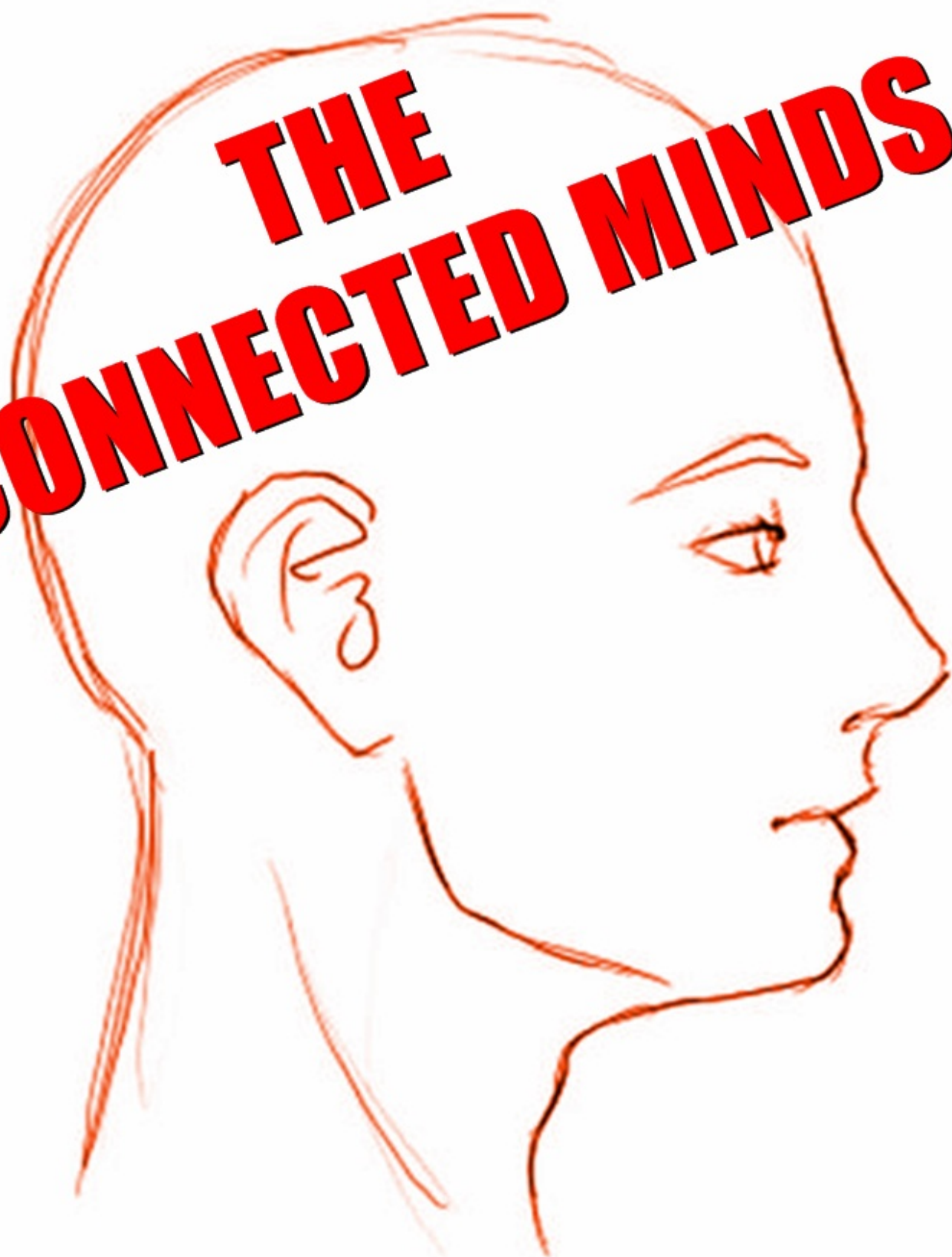


# THE CONNECTED MINDS



# The Connected Minds

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You dominate your brain or the brain will dominate you. Science haven't been able to fully understand human brains, perhaps it has its own identity; it's a demon that destroys or the creator of the greatest things.

In this book I will outline the power of your brain, the signals it sends/receives and how to charge your mind with positive power.

## #1 Physical vs Mental

If a person has a mental disability, we refer it as a mental problem. But the brain is a physical organ. Any problem it has should be called as physical illness. Brain has both physical and mental elements. If we have a disease that is in our mind but not affecting our physical self, then it's called a mental illness. A mental illness is far more painful than a physical one. The reason is because then the demon inside our thoughts come out and climbs up in our bodies.

Mental illness causes physical illness. You began to think about a situation you don't even have. Such as if you see the eye specialist on TV talking about different conditions, you will instantly start to experience those symptoms. And if you continue to watch it for longer, you will soon realize that you should see a doctor right now. Doctors like to keep the patient under fear. If you have fear of the disease or death, you will see the doctor and do whatever he tells you to do. You will change your diet, take expensive drugs and wake up early.

You will start to see yourself improving. This is not because of the expensive medicine; it's your brain curing you. You conditioned your brain that you are getting well. The same way you conditioned yourself that you were sick in the first place.

If you accidentally cut yourself, then that's physical. But if you think that this will lead to infection, gangrene and you have to remove your entire limb, then that's more painful than the actual physical pain.

So the next time you have a bruise, don't think about it. Just clean the spot, take first aid and move on to what you were doing. You have the option to think about it every moment until it heals up; or you can get busy with life and one day you realize "oh there was a bruise?"

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To your success,

Tamal Anwar

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