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this new updated and expanded 10th anniversary edition of the biology of belief will forever change how you think about your own thinking stunning new scientific discoveries about the biochemical effects of the brain s functioning show that all the cells of your body are affected

by your thoughts bruce h lipton ph d a renowned cell biologist describes the precise molecular pathways through which this occurs using simple language illustrations humor and everyday examples he demonstrates how the new science of epigenetics is revolutionizing our understanding of the link between mind and matter and the profound effects it has on our personal lives and the collective life of our species page 4 cover

unleashing the power of consciousness matter and miracles it has been ten years since the publication of the biology of belief bruce lipton s seminal book on the relationship between mind and body that changed the way we think about our lives our health and our planet during that time research in this field has grown exponentially lipton s groundbreaking experiments have now been endorsed by more than a decade of rigorous scientific study in this greatly expanded edition lipton a former medical school professor and research scientist explores his own experiments and those of other leading edge scientists that have unraveled in ever greater detail how truly connected the mind body and spirit are it is now widely recognized that genes and dna do not control our biology instead they are controlled by signals from outside the cell including energetic messages emanating from our thoughts this profoundly hopeful synthesis of the latest and best research in cell biology and quantum physics puts the power to create a healthy joyous life back in our own hands when we transform our conscious and subconscious thoughts we transform our lives and in the process help humanity evolve to a new level of understanding and peace

this 10th anniversary edition of bruce lipton s best selling book the biology of belief has been updated to bolster the book s central premise with the latest scientific discoveries and there have been a lot in the last decade the biology of belief is a groundbreaking work in the field of new biology former medical school professor and research scientist bruce h lipton ph d presents his experiments and those of other leading edge scientists which examine in great detail the mechanisms by which cells receive and process information the implications of this research radically change our understanding of life showing that genes and dna do not control our biology instead dna is controlled by signals from outside the cell including the energetic messages emanating from our positive and negative thoughts this profoundly hopeful synthesis of the latest and best research in cell biology and quantum physics has been hailed as a major breakthrough showing that our bodies can be changed as we retrain our thinking

author lipton is a former medical school professor and research scientist his experiments and those of other leading edge scientists have examined in great detail the processes by which cells receive information the implications of this research radically change our understanding of life it shows that genes and dna do not control our biology that instead dna is controlled by signals from outside the cell including the energetic messages emanating from our positive and negative thoughts dr lipton s profoundly hopeful synthesis of the latest and best research

in cell biology and quantum physics is being hailed as a breakthrough showing that our bodies can be changed as we retrain our thinking

the biology of belief unleashing the power of consciousness matter miracles 2005 updated for 10th anniversary in 2015 by cell biologist bruce lipton explores the power of the mind to influence health and well being the biology of belief provides scientific proof that debunks the notion of fixed genetic inheritance or that genes create reality purchase this in depth summary to learn more

our summary is short simple and pragmatic it allows you to have the essential ideas of a big book in less than 30 minutes by reading this summary you will discover that your environment and way of thinking can act on your genetic code and modify your metabolism you will also discover that life is not the result of a struggle but of a collaboration between cells that each cell of a living organism is a being in its own right that the environment influences the reaction of a cell more than its dna that the way you perceive the world affects your health that the energetic force of your mind and beliefs has the power to correct your genetic code the discovery of dna has led scientists to consider that an individual is permanently programmed by his or her genetic code on the contrary epigenetics a branch of biology that studies the mechanisms modifying the activity of genes shows that a human being is capable of intervening on his own biology your environment more than your genes influences your metabolism thus early childhood experiences traumas but also the mental mechanisms that you have been taught act on your health you then have the power to free yourself from your genetic coding are you ready to discover how your beliefs can change your metabolism buy now the summary of this book for the modest price of a cup of coffee

learn about the science behind our beliefs you often hear the phrase mind over matter but have you ever thought about the connection between our minds and the things we believe the biology of belief 2005 draws on the research of epigeneticist bruce h lipton to explore the impact of genetics on our consciousness behavior and belief systems do you want more free book summaries like this download our app for free at quickread com app and get access to hundreds of free book and audiobook summaries disclaimer this book summary is meant as a preview and not a replacement for the original work if you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be if you are the original author of any book on quickread and want us to remove it please contact us at hello quickread com

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the biology of belief

what if instead of being victims of our heredity we could rewrite the script of our lives through the energy of our beliefs in the past we ve been taught that living beings are like machines run by biochemicals and dna explains dr bruce h lipton what we now know is that our entire biology is shaped by the intelligence of each of our 50 trillion cells and the single most important way to influence them is through the power of our thoughts since the publication of the biology of belief dr lipton has been widely embraced as one of the most accessible and knowledgeable voices of new biology with this dynamic and engaging lecture dr lipton offers a potent breakdown of the book and a rare window into his personal experiences developing this theory you ll feel like you re in attendance at a one on one author talk as dr lipton explains his ideas and theories about the philosophical roots of science and how genetic determination rose to become the dominant theorythe relationship between genes and proteins and how this changes our understanding of human behaviorthe science of epigenetics why biologists must look beyond dna to find out what shapes life and how it affects youthe differences between the conscious and subconscious minds and how they function togetherthe importance of the fetal environment and how our parents act as genetic engineers in our subconscious developmentthe chemistry of stress and love how your body mind and immune system change with each emotional stateturning the immense power of your subconscious mind into your most valuable tool for health and well being and much more even if you only have a basic knowledge of biology dr lipton will evolve your understanding with his thoughtful explanations and real life examples join this leading voice in the field of epigenetics as he takes you on a journey into the world under the microscope through the ages of evolution and into the miracle that is your own life

a world renowned expert in the emerging science of epigenetics reveals how changing our understanding of biology will help us navigate this turbulent period in our planet s history and shows how each of us can participate in this global shift

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