



Brainstyles: Change Your Life Without Changing Who You Are

Marlane Miller

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In this insightful, inspirational self-help book, readers will journey from the hard-edged realities of genetics and personal limitations to a limitless spiritual path and personal mastery of one's brainstyle.

Each of us has a natural brainstyle wired into our genes. Your brainstyle is your particular set of gifts, the essence of who you are. Neurological research has shown that the left and right sides of the brain are accessed at different speeds, and in varying sequences, in different people. This is critically important when making decisions. So important that relationships and businesses pivot around those judgments. By understanding how your brainstyle mandates your decisions, you can deliver your best in any relationship. Entertaining and easy self-tests help you to identify your brainstyle. Clarity and focus follow, along with a new foundation for self-esteem beyond personal insights to authentic ways of interacting with others that draw out the best in each of you.

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