

# Know Your Brain!

## 7 Reasons Why You Should Care About Neuroscience

by Liza F. Camba (Sat-Akal)



- 1. OVERALL QUALITY OF LIFE.** Neuroscience and brain-based strategies can help you improve the quality of your life. By understanding how your diet, physical activities, sleep, hormones, mindset, environment, and habits affect your brain, body, and health, you'll be more aware of how your choices are either helping or harming you. With neuroscience, you just might be inspired to take greater control of your life, expand or upgrade your options, and put yourself at Cause versus Effect.
- 2. IMPACTS YOUR DEVELOPMENT AT ALL STAGES OF LIFE.** Parents can apply neuroscience to child-rearing at different stages of their kids' development. The human needs and brain development of newborns, toddlers, and adolescents look very different for teens, young adults, and mature adults. For example specific foods and types of human contact varies. The truth is, people of all ages can self-optimize and apply their understanding of the brain to live more consciously and to make life-enhancing choices. In essence, neuroscience can shed light on human development from infancy to adulthood.
- 3. YOUR RELATIONSHIPS & SELF-LOVE.** Neuroscience can improve and add value to all your relationships, especially the important ones at home and at work. By enhancing your brain awareness, you can apply nurturing and conflict-resolving strategies to benefit all. Neuroscience can also illuminate your most important relationship - the one to yourself! Brain awareness will help you improve your overall health, stress management, work-life balance, and sense of personal fulfillment.
- 4. LOVE & PARTNERSHIP.** Understanding neuroscience can help you better navigate romantic relationships, including finding a life partner — a choice that many psychologists consider to be the most important decision you'll make in your life. But how? Neuroscience can help you understand your brain from the earliest stages of coupling - from prospecting, dating, getting intimate, supporting the health+longevity of long-term relationships such as marriage, to even dealing with breakups.
- 5. EMOTIONAL REGULATION.** Neuroscience can help you manage your emotions. Did you know that there's a whole part of your brain that's entirely dedicated to your emotions? Emotional waves happen when you let your fears dominate and drain you. By understanding the nature of your fears and neutralizing your emotions, you gain an empowering perspective that has the potential to change your emotional response forever.
- 6. SELF-AWARENESS.** Neuroscience can increase self-awareness, an extremely useful skill that can be learned. Being mindful can enhance your quality of life by increasing your brain's gray matter, reducing unconscious bias, helping you be more present, increasing your sensory and body awareness, strengthening your immune system, and decreasing cellular markers such as aging and inflammation! Increased mindfulness equals increased happiness!
- 7. LIVING YOUR BEST LIFE.** Neuroscience is the combination of brain management and life management all in one. By better understanding how your brain works, you can improve the quality of your life, now and for your future. Your brain is naturally hard-wired to operate from a primitive, fear-and-survival-based mindset, bypassing the more advanced part of your brain that can dream big, take calculated risks, and plan for the future. It takes extra knowledge, practice, and support to tap into your Higher Mind and to shift out of your survival mindset. IT IS possible and IT CAN be done! Knowledge + Practice = Results. Understanding neuroscience can help you elevate your mind, body, and spirit. It can help you live your best life!

### Words of Wisdom:

“There's an old rule in neuroscience that does not alter with age: use it or lose it.”

— Maryanne Wolfe, “Researcher of the Reading Brain” and Scholar of Human Development

Liza F. Camba (Sat-Akal) is a Certified Neuroscience Coach and the creator of **THE PURPOSE**, Liza's signature mind-blowing program that helps creative leaders, professionals, and entrepreneurs upgrade their brains and their entire lives. For more info and to book your complimentary consultation, go to [TheSacredYes.com](https://TheSacredYes.com)

