



NEUROSCULPTING For New Habits

Brain-Changing Practices
to End Self-Defeating Behaviors
and Create Healthy Ones

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SESSION ONE

- 1 Introduction
- 2 Habits and the brain
- 3 Neurosculpting®
- 4 Patterning and brain plasticity
- 5 How Neurosculpting works
- 6 The three steps of Neurosculpting
- 7 The induction
- 8 Guided Meditation: The Induction
- 9 The benefits of the induction

SESSION TWO

- 1 Replacing “I can’t” with “I can”
- 2 Guided Meditation: The “I Can’t” Meditation
- 3 Integrating Neurosculpting into daily life
- 4 Guided Meditation: Demystifying a Habit
- 5 The four elements of a daily Neurosculpting practice