



# Mind Sculpture

**Ian Robertson**



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**Mind Sculpture** Ian H. Robertson, 1999      **Body and Mind Sculpture** Josephine Chia, 2003

Mind Sculpture Ian H. Robertson, 2000 Brain science in the last decade has dramatically changed our understanding of how humans manage to escape our biological shackles by constantly remolding ourselves in a near infinite number of ways Here one of the world's leading authorities explains with remarkable lucidity the new discoveries to the general reader Your brain is changed physically by the conversations you have the events you witness and the love you receive This is true all through your life not just when you are an infant This process which the author calls sculpting the brain occurs despite the genetic hardwiring of Darwinian evolution It is a process that constantly shapes and reshapes us as a trembling web of one hundred billion brain cells fires off cascades of impulses which ultimately create the experiences that make us what we are Ian Robertson explains in fascinating detail how who and what we are is being sculpted throughout our lifetime second by second by our interactions with the world by our relationships with other people and by the buffeting winds of fate His astonishing and inspiring message from the cutting edge of science is that our brains have a great untapped potential for superb achievement from childhood to death and that we are largely in command of it

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it by circumventing the brain's built in resistance to new behavior Dr Maurer then explains the 7 Small Steps how to Think Small Thoughts Take Small Actions Solve Small Problems and more He shows how to perform mind sculpture visualizing virtual change so that real change comes more naturally Why small rewards lead to big returns by internalizing motivation How great discoveries are made by paying attention to the little details most of us overlook Rooted in the two thousand year old wisdom of the Tao Te Ching The journey of a thousand miles begins with a single step here is the way to change your life without fear without failure and to begin a new easy regimen of continuous improvement *Country Life* Henry Hodgman Saylor, Reginald Townsend Townsend, 1921 *Art-nonsense and Other Essays* Eric Gill, 1929 **The Forum**, 1900 *Colour*, 1915 Bulletin Michigan State Library, 1896 The Philosophy of History Friedrich von Schlegel, James Burton Robertson, 1885 **Opportunity**, 1926 *Brush and Pencil*, 1904 The International Studio, 1907 *Artistic Theory in Italy, 1450-1600* Anthony Blunt, 1966 **The Forerunner** Dmitry Sergeyevich Merezhkovsky, 1902 **Reflex**, 1928 **Moving Picture World and View Photographer**, 1916 The Builder, 1878 Christianity as a Social Factor in Modern Japan Allen Klein Faust, 1909

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