



# Thriving in Mind: The Natural Key to Sustainable Neurofitness

*Dr. Katherine Benziger PhD*

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**Thriving in Mind: The Natural Key to Sustainable Neurofitness** Dr. Katherine Benziger PhD

This is the Revised Edition of the best, most comprehensive book on applied neuro-science. It includes the Appendices which were originally in the 1st edition and contained very important, additional information. These Appendices are now included in the book for the first time in twenty years. A new Introduction explains the relationship of this work to Maslow and Maslow's hierarchy. Also, this Revised Edition has been carefully corrected to eliminate the content errors of last year's edition. (Black and White version)

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