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Lisa teaches.

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Neurosculpting for Anxiety - Sounds True

Lisa Wimberger's Neurosculpting® uses proven techniques to consciously direct your brain's natural processes for learning and changing. Join her to learn this powerful approach for breaking

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With Neurosculpting, she offers you in-depth training in this powerful process for using meditation, mindfulness, diet, and unique daily practices to help you create positive, lasting changes in your brain - and your life. Rewiring your brain for

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