

X-Treme Brain

A Brilliant Multimedia Brain Building
Boot Camp and Workshop Presented by
Pat Johns and the PFJ Communications Team

Exploring for a Stronger and
More Disciplined Mind

Take a fascinating journey
to a place of better
understanding of the role of
the brain & the mind.

Explore:

- **New Ways of Learning**
- **New Ways of Thinking**
- **The Basic Nature of Motivation & Change**
- **Visualization Exercises**
- **Brain Balancing Techniques**
- **“Personality Style Analysis”**

Resources and reference materials include:

A Whole New Mind by Daniel Pink

Mans Search for Meaning by Viktor Frankl

Stroke of Insight by Dr Jill Bolte Taylor

When Elephants Weep by Masson and McCarthy

Drawing on the Right Side of the Brain by Betty Edwards

The Brain that Changes Itself by Dr Norman Doidge

A New Earth and The Power of Now by Eckhart Tolle

Footprints in the Shadow of Giants by Pat Johns

Blink by Malcolm Gladwell

The Secret by Rhonda Byrne

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