

# CONTENTS

1. Stories.....	1
2. Brain Basics.....	5
3. Practice .....	20
4. Breathing .....	33
5. Diaphragm .....	46
6. Exhalation.....	57
7. Inhalation.....	68
8. Larynx and Palate .....	81
9. Tongue .....	99
10. Jaw and Teeth .....	116
11. Nose and Skull.....	130
12. Scars .....	146
13. Ears.....	152
14. Eyes .....	174
15. First Brain.....	198
16. Second Brain .....	211
17. Feeling.....	218
18. Next Steps.....	225
About the Author .....	227
Drill Worksheet.....	228
References .....	234