

Quantified Self - Brain Resource Webinar this Friday 3rd February 2012 by Dr. Evian Gordon

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By Dr Evian Gordon – Chairman & CEO Brain Resource

31 January 2012

The next Brain Resource Webinar, 'Quantified Self' will be held this Friday 3rd February at 1300 ADST Australian time.

Hosted by Dr. Evian Gordon, Chairman and CEO of Brain Resource, this 10 minute Webinar is about measuring and tracking the impact of your new brain habits. It firstly highlights using the 10 Webinars to shift yourself from "Know to Doing". In Doing by Training your new habits, 1 small step at a time - you see your brain become more effective at adapting to everything. As you "Align" and better interconnect your Thinking-Emotion-Feeling-Self Regulation capacities, the impact of your new outcomes, interactions and goals will become evident.

This Webinar is part of a weekly series about how you can:

Know your brain and Train your new brain habits.

To join the webinar at the following times, please follow the link below.

2 February 18:00 Hours PST – USA / 2 February 21:00 Hours EST - USA

3 February 13:00 Hours ADST – AUS

https://brainresource.adobeconnect.com/_a935094174/brainmap

To view aired Webinars on Stress Reduction, Positivity, Memory, Focus, Emotion, Feelings, Zone, Relationships and Brain Wellness or for details on upcoming Webinars visit <http://www.BrainResource.com/Webinars>

About Brain Resource Brain Resource (OTC: BRRZY, ASX: BRC) translates new findings about the brain into engaging products for consumers, employers and clinicians to improve cognition and brain function. With offices in Sydney and San Francisco, and agents in Europe and Israel, the company is underpinned by an international consortium of scientists and clinicians that bring together all aspects about the brain that are usually assessed independently. For more information, please visit www.brainresource.com

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