



Mountain of Love Productions/Elite Books

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BIOLOGY OF BELIEF:

The Science of How Thoughts Control Life

This book will forever change how you think about your own thinking. Stunning new scientific discoveries about the biochemical effects of the brain's functioning show that all the cells of your body are affected by your thoughts. The author, a renowned cell biologist, describes the precise molecular pathways through which this occurs. Using simple language, illustrations, humor and everyday examples, he demonstrates how the new science of epigenetics is revolutionizing our understanding of the link between mind and matter, and the profound effects it has on our personal lives and the collective life of our species.