YOUR OWNER’S MANUAL FOR LIFE~ Source Code of Your Soul

*Creating You and Facilitating Your Life*

**Chapter 11:** **The Secret Sauce: Creating From the Inside Out**

**~ Additional Resources ~**

***Super Brain: Unleasing the Explosive Power of Your Mind to Maximize***

***Health, Happiness and Spiritual Well-Being***

Deepak Chopra, M.D., and Dr. Rudy Tanzi

[https://www.amazon.com/s/ref=nb\_sb\_ss\_i\_0\_14?url=search-alias%3Daps&field-keywords=super%20brain%20deepak%20chopra&sprefix=Super+Brain+De%2Caps%2C224&rh=i%3Aaps%2Ck%3Asuper%20brain%20deepak%20chopra](https://www.amazon.com/s/ref%3Dnb_sb_ss_i_0_14?url=search-alias%3Daps&field-keywords=super%20brain%20deepak%20chopra&sprefix=Super+Brain+De%2Caps%2C224&rh=i%3Aaps%2Ck%3Asuper%20brain%20deepak%20chopra)

***Meditation Has the Power to Influence Your Genes***

Psychology Today

<http://www.psychologytoday.com/blog/the-athletes-way/201312/meditation-has-the-power-influence-your-genes>

***Meditation Changes Gene Expression, Study Shows***

Medical News Today

<http://www.medicalnewstoday.com/articles/269910.php>

***How To Do Mindful Meditation***

<http://www.wikihow.com/Do-Mindful-Meditation>

***Huffington Post - Mindfulness and Meditation Research***

<http://www.huffingtonpost.com/news/gps-mindfulness-research/>

**Better Learning Through Handwriting**

To Write or to Type, that is the question

<http://www.sciencedaily.com/releases/2011/01/110119095458.htm>