

[PDF] The New Feminine Brain: Developing Your Intuitive Genius

Dr. Christianne Northrup, M.D. Mona Lisa Schulz M.D. Ph.D.
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Description:

Dr. Mona Lisa Schulz reveals the intricate science behind women's intuition in *The New Feminine Brain*, and shows that while ignoring one's sixth sense can devastate the body, honoring its messages can lead to greater creativity, improved physical well-being, and joy. Coming from the pen of a board certified neuropsychiatrist, neuroscientist and medical intuitive, the topic receives just as

much clinical attention as it does the breathe-out-and-tune-in type. Schulz begins with a crash course in neuropsychiatry to illustrate how the female brain's innate adaptability has caused women to literally rewire their thinking for survival in today's (man's) world. Unfortunately, the body doesn't always buy what the new feminine brain is selling. The result can mean disaster to a woman's health. Pinpointing the true source of one's physical aches, infections, diseases, and psychoses requires an honest look within.

Embracing her own Attention Deficit Disorder, Schulz zooms from rich discussions about gender brain wiring to quick patient stories, to questionnaires that help readers learn how their own brains are "wired for mood," "wired for fear," or wired for early senility. It's an interactive ride punctuated by dizzying lists, charts, and checklists that involve frequent page-flipping. Schulz point out that detailed descriptions of prescriptive medicines, vitamins, and herbal supplements (complete with dosage recommendations and cautions regarding drug interaction), all include a caveat: simply medicating the body doesn't promise long-term physical and emotional health. Here, intuition must preside. Schulz responds with multiple strategies to help women nurture even the tiniest inner voice, and become their own best medical intuitives.--*Liane Thomas* --This text refers to an out of print or unavailable edition of this title.

Review "A thought provoking look at the differences between women and men. Can awaken women to their unique gifts and abilities. Fascinating and original."

-- Andrew Newberg, author of *Why God Won't Go Away: Brain Science and the Biology of Belief*

"A must read for any woman at any age who wants to maximize her mind, mood, and memory. Highly recommended!"

-- Dharma Singh Khalsa, M.D., President/Medical Director, Alzheimer's Prevention Foundation; author of *The Better Memory Kit*

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