



IMHO Reviews Mindvalley Best Courses About Charisma, Qi Energy, And Brain Neurochemicals

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IMHO Reviews, a company that provides online reviews of platforms and services, recently reviewed Mindvalley's three new transformational programs and shared how to get the best deal on Mindvalley Membership.

Mindvalley, a leading online personal growth platform, offers a variety of programs focused on mind, body, entrepreneurship, career, relationships, and spirit. The programs offered by Mindvalley are based on the latest scientific research and are designed to provide the most effective results.

IMHO Reviews highlighted three courses taught by world-renowned experts, including Magnetic Charisma by Vanessa Van Edwards, Mystic Brain by Dawson Church, and Modern Qi Gong by Lee Holden. The goal of each program is to improve the quality of life, whether by increasing charisma, mastering of brain's neurochemicals, or boosting energy.

The first Quest reviewed by IMHO Reviews is The Magnetic Charisma by Vanessa Van Edwards. This program is designed for people who want to gain magnetic charisma and influence others.

"Magnetic charisma is a scientific formula that can help anyone transform how they present themselves and how others see them," said the owner of IMHO Reviews, Vitaliy Lano.

Vanessa Van Edwards, who is a behavioral investigator and author of "Captivate: The Science of Succeeding with People," has developed a 14-day program to help people become more charismatic. The first step is to learn the science behind charisma and understand what might decrease the level of charisma. This can be done by taking personality tests and paying attention to each person's character strengths. According to Van Edwards, there are three elements that make a person charismatic: eye contact, vocal intonation, and body language. People who took this course reported that afterward, they changed interactions with people - both online and face-to-face, and that the techniques they learned helped them boost confidence, improve relationships, and overcome public speaking anxiety.

The second course reviewed by IMHO Reviews is The Mystic Brain. Created by Dawson Church who is the founder of the National Institute for Integrative Healthcare, this 22-day Quest brings a unique perspective to the understanding of the human brain and its potential for transformation. Church has developed a technique called EFT (Emotional Freedom Technique), which is based on the principles of acupuncture. The goal of it is to release stress and tension from the body quickly and effectively. EFT has been found to be very helpful in resolving emotional issues, as well as physical problems such as pain and chronic fatigue.

The Mystic Brain program teaches that the person's mind is shaped by neurochemicals that flow through the brain. These neurochemicals originate from thoughts, emotions, and sensations. They interact with each other and with the genes to create individual personalities. The blissful states of peace and happiness that a person experiences during guided meditations can improve brain chemistry, leading to a better life.

"During the practice, I focus my attention on a body sensation and listen to the voice of Dawson Church. This simple act of concentration quiets the mind and allows me to fully experience the present moment. During the meditation, I experienced all of the pleasure molecules in my brain, such as dopamine (the pleasure chemical), oxytocin (the love chemical), norepinephrine (the focus chemical), serotonin (the satisfaction chemical), nitric oxide (the intensity amplifier), beta-endorphin (the pain reliever), and anandamide (the bliss chemical)," explained Vitaliy.

IMHO Reviews members reported that after taking the Mystic Brain Quest they saw improvements in discipline, productivity, and mood, and were able to focus better on everyday tasks.

The third course reviewed by IMHO Reviews is The Modern Qi Gong by Lee Holden. This Quest lasts 30

days and consists of daily 15-minute long lessons. Qi Gong is an ancient practice that has been around for thousands of years. The goal of this Quest is to unblock and strengthen inner energy, or Qi, and use it to achieve goals. Qi Gong is also used for reversing aging and reducing stress.

"Qi Gong can be practiced anytime and anywhere, and it takes just a few minutes each day. These exercises help you sleep better, wake up more energized, enter the flow state faster, and stay focused longer," said Vitaliy.

Overall, IMHO Reviews gave Mindvalley very high marks and recommended that interested individuals check out their website for more information about the company and the latest deals and discounts on Mindvalley Membership. Mindvalley has been featured on ABC's Good Morning America, Fox News Channel, CNN, and the Today Show, as well as in "Forbes", "The Wall Street Journal", and "Fortune". The company is also mentioned frequently on social media platforms.

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IMHO Reviews

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