

Everything You NEED To Know About Brain Mapping

Do you have a secret addiction or perhaps an unhealthy habit that you're looking to overcome? Well, people with either are potentially in serious danger of harming themselves whether it's a choice or not. But before we get into how to overcome either, what is the difference between the two? Talking to professionals over at Brain Renewal, this is what we got:



“People who have an addiction do not have control over what they are doing, taking, or using and it may even reach a point at which it is harmful. Addictions do not only include physical things such as alcohol or drugs, but can include virtually anything such as gambling to seemingly harmless products such as chocolate.

A habit is done out of choice, and a person can choose to stop if they wanted to. Simply put, you are in control of your choices, whereas with an addiction you are not.”

There is a high success rate of treatment of these disorders **with Neuro-Feedback sessions**.

Read full article here:

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