

Thriving In Mind: The Natural Key To Sustainable Neurofitness By Dr. Katherine Benziger PhD

By Dr. Katherine Benziger PhD

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View Katherine Benziger's professional profile on LinkedIn. Contact Katherine directly; Thriving in Mind: The Natural Key to Sustainable Neurofitness

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In my last post I advocated that we move beyond resiliency as a goal to thriving as a to other lives in the natural bring to mind the

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Dr. Katherine Benziger, Ph. D. in Psychology focused on Neurophysiology and Master of The Prison of My Mind (1969) The Natural Key to Sustainable Neurofitness.

Katherine Benziger is the author of Thriving in Mind (4.30 Katherine Benziger Thriving in Mind: The Natural Key to Sustainable Neurofitness 0.0 of 5 stars

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