

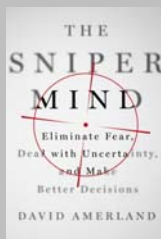


#thesnipermind

It takes intention, effort and discipline to rewire the brain. We need to have good reasons to want to do it and stick to it.

## Fifty Reasons To Rewire Your Brain

1. Increase cognitive skills
2. Boost confidence
3. Improve career
4. Feel smarter
5. Reduce stress
6. Improve focus
7. Improve memory
8. Boost mental health
9. Improve learning
10. Trigger neurogenesis
11. Trigger neuroplasticity
12. Change attitude
13. Change perception
14. Develop mental toughness
15. Improve analytical skills
16. Develop observational skills
17. Speed up reaction time
18. Improve vision
19. Improve coordination
20. Know yourself better
21. Better develop identity
22. Develop empathy
23. Improve strategic thinking
24. Improve tactical planning
25. Better interpersonal skills
26. Improve social skills
27. Resist fatigue better
28. Cope with sleeplessness
29. Improve IQ score
30. Increase EQ
31. Manage change better
32. Deal with uncertainty
33. Cope with the unexpected
34. Cope with trauma
35. Make better decisions
36. Improve patience
37. Improve eye/hand coordination
38. Increase knowledge
39. Recognize patterns
40. Increase improvisation
41. Develop better mental heuristics
42. Increase self-belief
43. Develop new learning techniques
44. Understand metadata
45. Better resist doubt
46. Feel comfortable in your skin
47. Be emotionally stable
48. Be adaptable
49. Become more methodical
50. Improve **quality of life**



**The Sniper Mind: Eliminate Fear, Deal with Uncertainty, And Make Better Decisions**

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