



# The High-Performance Mind: Mastering Brainwaves for Insight, Healing, and Creativity

*Anna Wise*

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**The High-Performance Mind: Mastering Brainwaves for Insight, Healing, and Creativity** Anna Wise  
"Her purpose here is to discuss and illustrate the four types of brain waves—beta, alpha, theta, and delta—with emphasis on what they do, how they work together, and whether we can use their power."—*Booklist*.

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