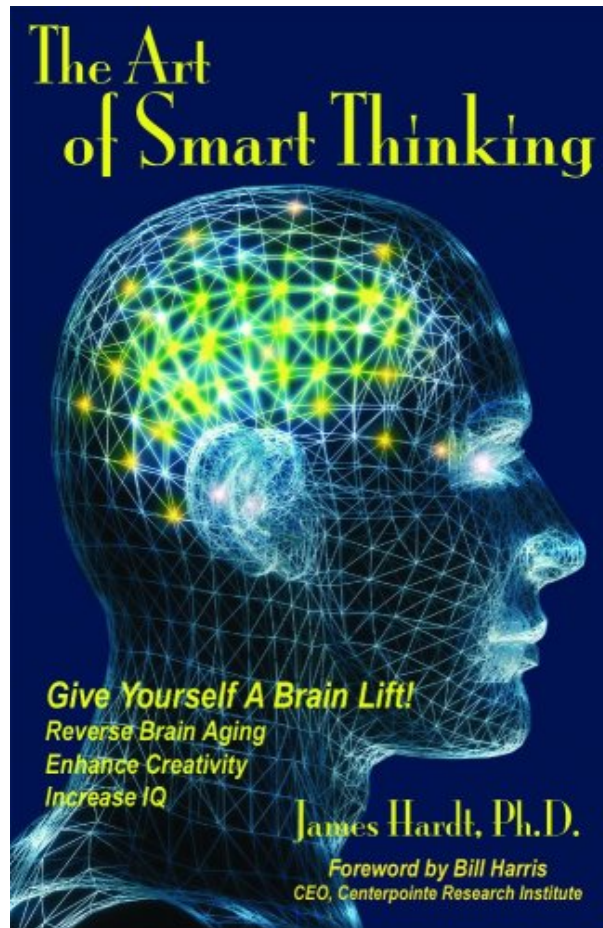


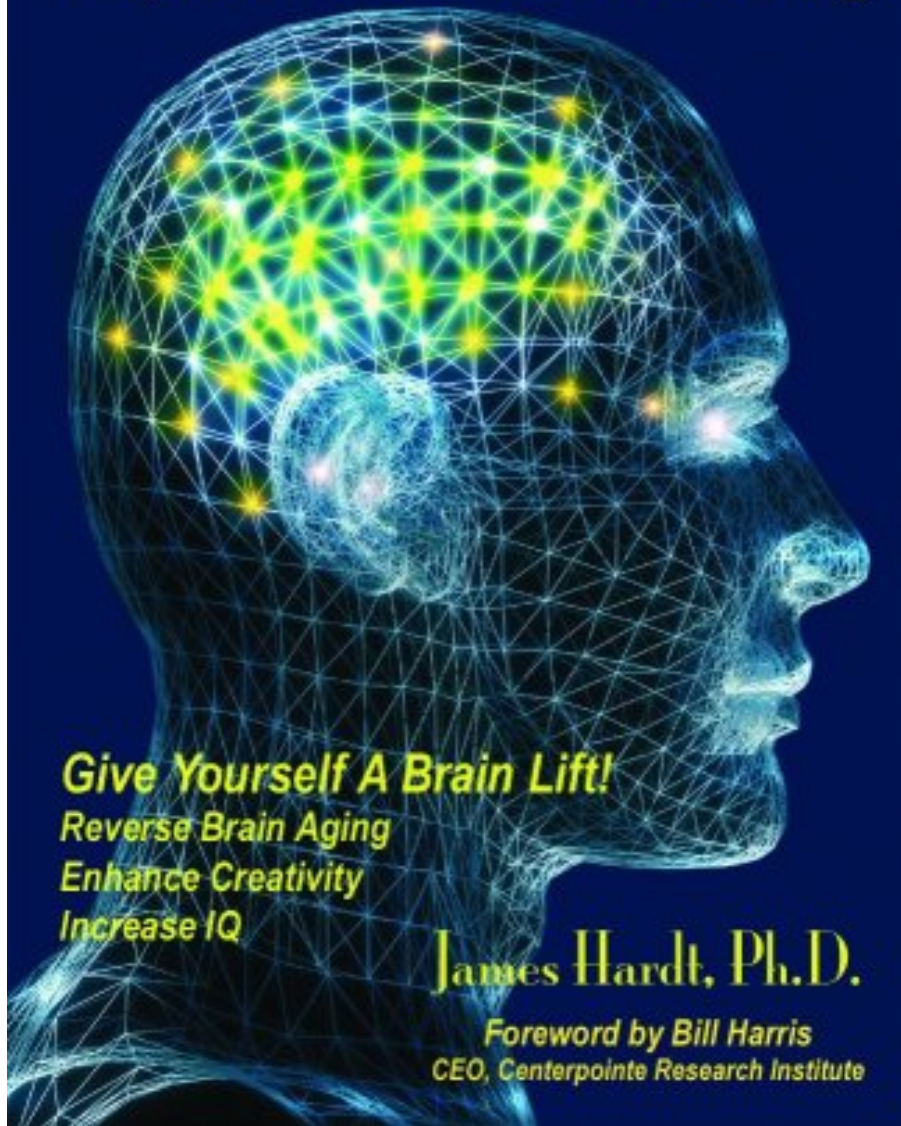
# THE ART OF SMART THINKING BY JAMES HARDT



**DOWNLOAD EBOOK : THE ART OF SMART THINKING BY JAMES HARDT  
PDF**



# The Art of Smart Thinking



***Give Yourself A Brain Lift!***

*Reverse Brain Aging*

*Enhance Creativity*

*Increase IQ*

**James Hardt, Ph.D.**

*Foreword by Bill Harris*

*CEO, Centerpointe Research Institute*

Click link bellow and free register to download ebook:  
**THE ART OF SMART THINKING BY JAMES HARDT**

[DOWNLOAD FROM OUR ONLINE LIBRARY](#)

# THE ART OF SMART THINKING BY JAMES HARDT PDF

When some people checking out you while reading *The Art Of Smart Thinking By James Hardt*, you may feel so honored. However, rather than other individuals feels you need to instil in yourself that you are reading The Art Of Smart Thinking By James Hardt not because of that reasons. Reading this The Art Of Smart Thinking By James Hardt will certainly provide you greater than people admire. It will guide to know greater than the people looking at you. Even now, there are several sources to discovering, reading a book The Art Of Smart Thinking By James Hardt still comes to be the front runner as an excellent method.

## About the Author

For over 30 years Dr. Hardt has been studying the electrophysiological basis of spiritual states. He has traveled to India to study advanced Yogis, studied Zen meditators and Zen masters, and explored Christian prayer and contemplation. He has developed a technology based on electroencephalographic (EEG) measurement and feedback, combined, in a highly optimized methodology, with computerized measures of subjective states, depth interviews, and extensive coaching in forgiveness and non-attachment.

This technology has demonstrated significant effectiveness in healing and transforming core dimensions of personality, reducing stress and anxiety, reversing key aspects of the brain's aging process, increasing creativity by 50% and boosting IQ by nearly 12 points on average, enhancing peak performance, facilitating conflict resolution, and in expanding spiritual awareness and increasing access to advanced spiritual states.

Dr. James V. Hardt serves as the President and founder of Biocybernaut Institute, Inc. He holds a B.S. in Physics from Carnegie Institute of Technology, and an M.S. and Ph.D. in Psychology from Carnegie-Mellon University and he has done post-doctoral training in Psychophysiology at the University of California at San Francisco.

Dr. Hardt has authored or co-authored more than 60 papers and professional presentations, and has authored, co-authored or has pending over 30 patents for the core technology, headset, training methodology and brain centered portion of virtual reality applications. He has dedicated his life in the research and development surrounding brain wave training.

# THE ART OF SMART THINKING BY JAMES HARDT PDF

[Download: THE ART OF SMART THINKING BY JAMES HARDT PDF](#)

**The Art Of Smart Thinking By James Hardt.** Reviewing makes you much better. Who claims? Numerous wise words state that by reading, your life will certainly be a lot better. Do you think it? Yeah, show it. If you require guide The Art Of Smart Thinking By James Hardt to review to verify the wise words, you can see this page flawlessly. This is the website that will certainly provide all the books that possibly you require. Are guide's compilations that will make you really feel interested to review? Among them here is the The Art Of Smart Thinking By James Hardt that we will propose.

Exactly how can? Do you believe that you do not require sufficient time to opt for buying publication The Art Of Smart Thinking By James Hardt Never ever mind! Merely rest on your seat. Open your gadget or computer system and be online. You can open up or go to the link download that we offered to obtain this *The Art Of Smart Thinking By James Hardt* By this means, you can obtain the on the internet book The Art Of Smart Thinking By James Hardt Reviewing guide The Art Of Smart Thinking By James Hardt by on-line can be actually done easily by saving it in your computer as well as device. So, you can proceed whenever you have spare time.

Reading guide The Art Of Smart Thinking By James Hardt by on-line could be additionally done quickly every where you are. It seems that waiting the bus on the shelter, hesitating the list for queue, or other areas possible. This The Art Of Smart Thinking By James Hardt could accompany you during that time. It will certainly not make you really feel weary. Besides, in this manner will certainly likewise enhance your life top quality.

# THE ART OF SMART THINKING BY JAMES HARDT PDF

Dr. Hardt's Alpha Training has given me more awareness and ability to increase these benefits for my clients and in my own life as well ...

-James Arthur Ray, Speaker, Author, Harmonic Wealth

If you're at all serious about your emotional and spiritual growth, this is going to absolutely blow your mind.

-Bill Harris, Founder, Centerpointe & Holosynch(tm) technology

There's a leap in me

And I must let go

To fall freely into the hands

Of life - To touch the core

Of my being- to be in the flow...

-Excerpt from poem written by Rev. Dr. Michael Beckwith Inspired by Alpha Training at Biocybernaut Institute Reprinted with permission.

From the Introduction:

How would you like to access all of your brain's innate capacity to learn, invent, create and solve problems? Would it improve your life if you could think more clearly, access your intuition, reduce stress and anxiety, and prevent your brain from aging? We've all heard that we use only a tiny percentage of our brain's natural capacity. If you've ever wondered why, *The Art of Smart Thinking* will provide some answers and solutions.

Every experience you have is the result of certain brain waves. Unfortunately, most of us are only accessing two of our four brain waves, and the two left out, Alpha and Theta, are actually the most important for exceptional creativity and intelligence! .

You can learn to produce these two types of brain waves on command, which will allow you to:

- Restore your youthful brain wave patterns
- Enhance your creativity, empathy and problem-solving ability
- Improve your personal relationships
- Reduce your feelings of stress, anxiety, anger and depression
- Enhance your special skills and abilities
- Achieve physical and mental peak performance states *The Zone*
- Improve your mental clarity and memory

- Sales Rank: #139998 in Books
- Brand: Biocybernaut Press
- Published on: 2007-09-01
- Original language: English
- Number of items: 1
- Binding: Paperback
- 350 pages

## Features

- Used Book in Good Condition

## About the Author

For over 30 years Dr. Hardt has been studying the electrophysiological basis of spiritual states. He has traveled to India to study advanced Yogis, studied Zen meditators and Zen masters, and explored Christian prayer and contemplation. He has developed a technology based on electroencephalographic (EEG) measurement and feedback, combined, in a highly optimized methodology, with computerized measures of subjective states, depth interviews, and extensive coaching in forgiveness and non-attachment.

This technology has demonstrated significant effectiveness in healing and transforming core dimensions of personality, reducing stress and anxiety, reversing key aspects of the brain's aging process, increasing creativity by 50% and boosting IQ by nearly 12 points on average, enhancing peak performance, facilitating conflict resolution, and in expanding spiritual awareness and increasing access to advanced spiritual states.

Dr. James V. Hardt serves as the President and founder of Biocybernaut Institute, Inc. He holds a B.S. in Physics from Carnegie Institute of Technology, and an M.S. and Ph.D. in Psychology from Carnegie-Mellon University and he has done post-doctoral training in Psychophysiology at the University of California at San Francisco.

Dr. Hardt has authored or co-authored more than 60 papers and professional presentations, and has authored, co-authored or has pending over 30 patents for the core technology, headset, training methodology and brain centered portion of virtual reality applications. He has dedicated his life in the research and development surrounding brain wave training.

## Most helpful customer reviews

55 of 56 people found the following review helpful.

Gives a mis-guided view of the field

By Mother and Neuro-therapist from Oxfordshire

As a practicing Neurofeedback therapist I was intrigued by this book. It gives an interesting slant on a therapy which is currently primarily used for psychological ills such as ADD, Depression, PTSD and so on.

Hardt has some insights in to the spiritual aspects of brain-waves and he is certainly one of the pioneers in the study of how different brain waves are related to different "spiritual" states.

But other reviews which judge the book to be a barely disguised advert for his Biocybernaut Center, are pretty fair.

The book is biased towards a conclusion which suggests we do all need to spend \$15,000 for the level one course at his clinic.

In reality, the Alpha and Alpha-Theta waves which are especially important to his work, are being worked with by neuro-feedback therapists like myself, all over the world. And for a tiny fraction of the cost. I charge \$100 per hour and that is typical for a qualified therapist working with a large amount of highly sophisticated neurofeedback equipment.

What is more, it is possible to learn to induce these brain waves oneself using certian techniques. But, neurofeedback is the optimal route and has scientifically proven record with many disorders, not least those needing more alpha - such as anxiety, post traumatic stress, subtypes of ADD and many more.

If you are intrigued by the ideas in this work then I would highly recommend the following as more honest, user-friendly and fact based introductions to the field of brain-wave altering procedures using the EEG as feedback:

- 1) Google "Neurofeedback and Alpha" - you'll find lots of interesting links
- 2) A great book about Alpha states and techniques to increase them is Les Fehmi's Open-Focus. Les Fehmi was the true research leader in this field.
- 3) A good introduction to brain wave work in general and the history of neurofeedback is A Symphony in The Brain by Tim Robbins
- 4) A classic on spiritual growth, consciousness and EEG brainwaves, are the books by Anna Wise. Anna is a pioneer in the field - amongst the very first in the field in the 60s and 70s to start researching what was really going on in the mind's of meditators.
- 5) Finally, you might even consider buying a decent neurofeedback machine yourself. They start at around \$800 and four day intro courses to the subject are abundant and around a further \$1000. For less than a seventh of the cost of Hardt's introduction week, you would have your own system. A life-time's exploration at your fingertips.

In short, I would probably recommend reading the above books rather than this Hardt book, and, above all, doing your research and not assuming that this rather vain work is the only way to reach EEG nirvana.

Have a wonderful journey. Brain-wave entrainment (in all its forms) and consciousness transformation is a very exciting and real field. Enjoy it. Claim it for yourself - but don't be fooled by this book that it costs \$15,000 or anywhere near.

51 of 53 people found the following review helpful.

Not recommended

By Mindful One

This book would be an excellent read for someone that is thinking of taking the Biocybernaut Training. It reads like a long advertisement for the training which costs a mere \$15,000 per module! Good history of the training with a few interesting stories of people that took it but mostly razzle dazzle. It did make me wish I had a spare 15K laying around so I could be happier, more peaceful and on the road to Zen enlightenment.

31 of 31 people found the following review helpful.

save your money

By Markar

Bill Harris is a master marketer who lured me into Dr. Hardt's Biocybernaut program with his glowing personal testimonial of its benefits. I learned only later he only "test drove" it for a day or so. Dr. Hardt's center was nothing I expected it to be for \$15K, but rather had a "back room" warehouse feel with what appeared to be cobbled together monitoring equipment and training rooms. It reminded me of Dr. Frankenstein's laboratory. The training is grueling, numbing, and obviously brainscrambling and Dr. Hardt's follow up group sessions were, in my opinion of questionable effectiveness. Producing alpha is great in theory, but in and of itself is not the "holy grail" to happiness as suggested in the book and the program. While, I did experience some beneficial awareness and experience of both enhancing and suppressing alpha in the chamber sessions, the program is essentially group therapy with electrodes. A very expensive indulgence in my opinion, without any particular long term benefit.

[See all 41 customer reviews...](#)



# THE ART OF SMART THINKING BY JAMES HARDT PDF

So, simply be right here, locate the book *The Art Of Smart Thinking By James Hardt* now and also review that quickly. Be the first to review this publication *The Art Of Smart Thinking By James Hardt* by downloading in the link. We have a few other e-books to check out in this site. So, you can locate them additionally quickly. Well, now we have actually done to offer you the very best book to review today, this *The Art Of Smart Thinking By James Hardt* is truly ideal for you. Never ever neglect that you require this publication *The Art Of Smart Thinking By James Hardt* to make better life. On-line publication **The Art Of Smart Thinking By James Hardt** will actually give very easy of everything to read and take the advantages.

## About the Author

For over 30 years Dr. Hardt has been studying the electrophysiological basis of spiritual states. He has traveled to India to study advanced Yogis, studied Zen meditators and Zen masters, and explored Christian prayer and contemplation. He has developed a technology based on electroencephalographic (EEG) measurement and feedback, combined, in a highly optimized methodology, with computerized measures of subjective states, depth interviews, and extensive coaching in forgiveness and non-attachment.

This technology has demonstrated significant effectiveness in healing and transforming core dimensions of personality, reducing stress and anxiety, reversing key aspects of the brain's aging process, increasing creativity by 50% and boosting IQ by nearly 12 points on average, enhancing peak performance, facilitating conflict resolution, and in expanding spiritual awareness and increasing access to advanced spiritual states.

Dr. James V. Hardt serves as the President and founder of Biocybernaut Institute, Inc. He holds a B.S. in Physics from Carnegie Institute of Technology, and an M.S. and Ph.D. in Psychology from Carnegie-Mellon University and he has done post-doctoral training in Psychophysiology at the University of California at San Francisco.

Dr. Hardt has authored or co-authored more than 60 papers and professional presentations, and has authored, co-authored or has pending over 30 patents for the core technology, headset, training methodology and brain centered portion of virtual reality applications. He has dedicated his life in the research and development surrounding brain wave training.

When some people checking out you while reading *The Art Of Smart Thinking By James Hardt*, you may feel so honored. However, rather than other individuals feels you need to instil in yourself that you are reading *The Art Of Smart Thinking By James Hardt* not because of that reasons. Reading this *The Art Of Smart Thinking By James Hardt* will certainly provide you greater than people admire. It will guide to know greater than the people looking at you. Even now, there are several sources to discovering, reading a book *The Art Of Smart Thinking By James Hardt* still comes to be the front runner as an excellent method.