

THE HANDS GROW THE BRAIN

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INTERVIEW SERIES

**Why People Today Are
Aging Faster Than At Any
Other Time In History...
And How To Stop It**



Dear Student,

I'm Michael Senoff, founder and CEO of HardToFindSeminars.com.

For the last five years, I've interviewed the world's best business and marketing minds.

And along the way, I've created a successful home-based publishing business all from my two-car garage.

When my first child was born, he was very sick, and it was then that I knew I had to have a business that I could operate from home.

Now, my challenge is to build the world's largest resource for online, downloadable audio business interviews.

I knew that I needed a site that contained strategies, solutions, and inside information to help you operate more efficiently

I've learned a lot in the last five years, and today I'm going to show you the skills that you need to survive.

It is my mission, to assist those that are very busy with their careers

And to really make my site different from every other audio content site on the web, I have decided to give you access to this information in a downloadable format.

Now, let's get going.

Michael Senoff

Michael Senoff

Founder & CEO: www.hardtfindseminars.com

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Published by:

Michael Senoff
JS&M Sales & Marketing Inc.
4809 Clairemont Drive
San Diego, CA 92117
858-274-7851 Office
858-274-2579 Fax
Michael@michaelsenoff.com
<http://www.hardtfindseminars.com>

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Why People Today Are Aging Faster Than At Any Other Time In History... And How To Stop It

At 25 years old, Nathan felt down and out. Girls weren't interested in him, he had social anxiety, he spent all his free time playing violent video games, and he just felt like his brain wasn't functioning well enough to hold even a simple conversation. So he quit his job at In And Out and went down to the beach to think things through, and that's when he met Michael Lavery. It was a day that changed his life.

Michael told him that young people today are aging faster than any other generation in the history of time because of all the passive stress they're putting on themselves with video games.

But there is a way to stop that premature aging process and counteract all the damage, and in this audio you'll hear how. You'll also hear...

- Exactly why Nathan was seeing crow's feet at age 25, and what he did to immediately increase his collagen, and get rid of those wrinkles
- The weird (but effective) tool Nathan bought for \$4.95 at Home Depot that has done more for his arms than the gym ever did
- How Nathan "Brain Powered" his next job interview, landing the job on the spot – and how you can do it too!
- The simple little exercise that allows Nathan to access his creativity whenever he needs it
- Why no one can believe Nathan (a certified personal trainer) hasn't been to the gym in more than 2 years – and what he does instead that brings him the most amazing results of his life
- The "no-sweat, no-brainer" way to get your body to cannibalize fat – so you can lose weight without really trying

With Whole Brain Power Coaching, Nathan says every day is "the best day ever." Now he has confidence, a great new job, the best body of his life, girls are drawn to him... and it just keeps getting better and better. And in this audio, you'll hear how you can slow down the aging process too – for both your body and your mind.

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Michael: I've been on the phone with Michael for the last hour. We've been wrapping about some Whole Brain Power stuff. Do you guys get into the good, long conversations?

Nathan: Whenever I can get him on the phone, I try to keep him on the phone, but I'll tell you truth. Being 25 years old, Michael can be a little intimidating.

Michael: Oh, yeah, he can be a little intimidating.

Nathan: But, he's very humble and I like that about him.

Michael: I just would like to get your story, and maybe just start from the beginning. He actually contacted me and shared with me what he was doing, and I have an injury to my rotator cuff on my dominant arm, my right arm that was bothering me and I had to kind of switch over and start using the mouse with my left hand, and it was bothering me.

I had told him that, and then he got to talking to maybe we can help that out. So, I started learning about his Whole Brain Power and my handwriting looked like crap, and I'm like, "Man, I've always wanted to have nice looking hand-writing." We started talking about that.

I'm forty-six, and I know my memory is going down, just a lot of stuff when you get to be forty-six you start realizing. So, everything he was saying was, "Oh, man this sounds great." I'm a pretty open guy. I'm willing to try anything. So, I've been going out since really the beginning of December, not every single day, but pretty consistently, slowly working my way up. I'm enjoying the process and at the same time, maybe I may do some marketing with him because the brain market is a huge market and it's interesting and there's so many people getting older who are losing their memory.

Nathan: Yeah, I believe it's the new frontier. People are going to really want to dial in their brains. Everybody wants to dial in their bodies, but once they understand that by dialing in your brain, you will dial in your body.

Michael: How did you first come across him? What was Nathan's life like before meeting Michael?

Nathan: I was 25 years old working at In and Out Burger, and I was depressed. I played video games for approximately six to eight hours a day.

Michael: Were you playing the real violent ones?

Nathan: I was playing the first person shooter games, the Halo, the kind where you're only happy when you're killing.

Michael: Is Halo a violent one?

Nathan: You're not killing actual people. They're more futuristic soldiers. It's the same premise of the first person shooter. Me versus you, I have a gun, you have a gun, and we'll battle it out.

Michael: So you were into those.

Nathan: I was into those. I played them for hours a day, and I couldn't figure out why I was so depressed. I'm going, "I'm twenty-five years old. I'm tall. I'm good looking, but girls aren't into me. I can't carry conversations with people," because I didn't know at the time my brain wasn't working properly. So, I had social anxiety. I was at 25, getting crow's feet around my eyes because when I spoke with Michael, he told me I was playing so much video games for so many years that my brain was actually shrinking and my eyeballs were being sucked into my skull.

At first, a lot of the stuff Michael said, it seemed so far-fetched that I had a hard time believing me, but I knew that he wasn't stupid. He was very intelligent. Although I didn't believe everything he said, I knew he was intelligent and he had done his research. So, I wanted to try it for myself.

Michael: When he said your eyeballs were literally being sucked inside your head, was he serious?

Nathan: He was a hundred percent serious.

Michael: How did he describe that?

Nathan: I was 25 years old, and I was getting crow's feet and that made me depressed because I thought people got crow's feet in their forties, not in their twenties, but one of the things that Michael told me is because of the passive stress that young kids are putting on their bodies nowadays from the video games and the television, we are aging prematurely, at a much more rapid rate than any generation in history. I thought that was very interesting.

One thing that I took to heart about what he was saying, they call him the Harriman, but he hits the nail on the head.

Michael: How old are you now?

Nathan: I'm 26. I had a birthday since meeting Michael, and I met him at the beach. I went to the beach to try and figure out what I was going to do with my life. I quit my job that day at In and Out, and I said, "You know what? I'm too good for this job. This job's not paying me what I deserve. I don't have the opportunity to advance like I would like to. I'm going to quit and figure out what happens." So, I go to the beach to just ponder life, and I meet Michael.

Michael: Was he out there painting?

Nathan: He was out there painting, but at the time, he wasn't painting. I walked by, and he was entertaining a group of people using his left hand DiVinci writing, and they were all perplexed at the fact that this gentleman could write not only with his left hand, but he could do a mirror image and make it look beautiful. I was amazed by the idea you could do penmanship left handed mirror image. I never heard of anyone doing it. So, when I saw him do that, I started paying attention. Then, he challenged me with the buzz game. I did terribly. I couldn't remember the rules to the buzz game, and the rules to the buzz game are very easy.

You just alternate count to fifty. Don't say numbers with seven. Don't say numbers divisible by seven, and don't say numbers divisible by eleven. When he told me that, I mentally checked out. That game is impossible, because there's too many numbers to remember, but he told me, "No, it's very possible. Your brain isn't working properly." It was daggers to my heart, but I needed to hear it.

Michael: Was he doing this in front of the group of people who were watching?

Nathan: We were in front of a group of people and some of my friends that accompanied me to the beach as well.

Michael: Before you met him, could you write cursive?

Nathan: Actually, that's funny. I had been taught to write cursive, but that was in third grade and over the years, I had forgot a lot of the letters and a lot of the strokes. So, my cursive was terrible the day I met Michael. Now, I look like a college professor when I write, night and day.

Michael: Great. So, you were out there and he challenged you to the buzz game. You failed miserably.

Nathan: I failed miserably, but one of the things I did is I left the conversation with Michael, and I continued to play the buzz game with my friends. For the

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next hour, we didn't do anything except play the buzz game. I wanted to get the buzz game down. After the hour, not only did I feel really good, I almost felt high, like a euphoric high. I was in paradise. It felt really good. For just quitting my job and not knowing where my life was going, why I felt so good, and I talked to Michael and he said I'd been exercising my brain and it produces endorphins. Just by exercising your brain, you just feel good. I never wanted to stop since that day. I just continued with the program.

Michael: After that day, what was your next step? Did you buy his book?

Nathan: Yes, I bought his book off the internet. I bought the workbook off the internet. I demanded he give me his number that day. I said, "Michael, I won't leave with your phone number. I need your number. I want to talk to you. I need your number. I need your number. I need your number." He gave it to me, and I still have it. It's actually right here in my hand.

He wrote his number on a painting that he drew, and when he wrote his number, he did it in beautiful penmanship. This was a hundred days ago, and I still have his number.

Michael: Did you buy a painting from him?

Nathan: No, no, he gave me just a little – it wasn't a painting. It was just a reprint, but he wrote on the back of it. I thought it was so classy, and I'll never throw this away. I'll probably end up framing it because it was the day my life changed for the better, and I've never had a hundred day period in my life where I've had more days at the end of the day I go, "This is the best day of my life," and almost for no particular reason, just that I've extracted everything from the day that I wanted, and it's great. My whole life has changed.

Michael: You printed out the book. You printed out the workbook, and did you have conversations with him, or did you understand pretty much everything from the book and workbook?

Nathan: No, I did do conversations on the side with Michael, and he taught me a little bit about some of the memorization skills, the alphabet, the ping system for memorizing Pi, each number is actually a letter, and then I answer vowels that don't count. He taught me about the hammer drills, and those hammer drills metamorphosized my body. I mean, I went through a metamorphosis and I'm a personal trainer. I got certified at nineteen years old.

I've been working on and off since I was nineteen years old, so for the last five or six years. I've never seen better results as far as a change in my

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body outside of the gym. I've never seen better results inside the gym than I did working Whole Brain Power.

Michael: So, you're a personal trainer. So, you've been working out for years, right?

Nathan: I've been working out for years, and I never seen better results than doing Whole Brain Power.

Michael: Before Whole Brain Power, you'd go in and what? Do free weights?

Nathan: Yeah, free weights, pick stuff up and put stuff down, and I'm really good at. I've been trained by Andre Benson, and he had trained Olympians and fitness models and professional athletes. So, I can go into a gym and workout and I can see a difference in my body after two days.

After the muscle repairs, I can see a difference. I'm telling you, I've had better results working my brain with Whole Brain Power, and I've had more changes in my body, positive changes as far as muscle density, muscle striations, my vascular system. It looks as though it's working better. I have more veins.

I remember when I was young. I'd go, "Man, feel these kids that had veins in their arms." I want to look manly. I want to have veins in my arms. I wasn't playing baseball like those kids were. I wasn't playing football like those kids were. I was doing hakie sak. I wasn't doing the sports.

Michael: So, what was the first thing you launched onto – the memory, the hammers, or the cursive writing, or did you just take all of them?

Nathan: All three of them at the same time, whatever Michael told me to do. He said, "Jump." I said, "How high?" So, he would give me a certain task. He'd say, "Nathan, by tomorrow, I want you to know the fifty states in alphabetical order." So, Alabama, Alaska, Arizona, Arkansas, California, Colorado, Connecticut, Delaware, Florida, Georgia, Hawaii, Idaho. I didn't question. I just did it.

Michael: You got the alphabet backwards?

Nathan: I have the alphabet backwards. I can do in one breath the alphabet forwards, the alphabet backwards, the alphabet from the inside out and the alphabet from the insides in. Are you ready?

Michael: Yeah, let's do it.

Nathan: ABCDEFGHIJKLMNOPQRSTUVWXYZ
ZYXWVUTSRQPONMLKJIHGFEDCBA,
AZBYCXDWEVFUGTHSIRJQKPLMNOLPQJRISHTGUFVEWDXCYBZ
A

Michael: You got it. Do you practice that everyday still?

Nathan: I do it every day, and I do it in cursive, also. It's a great way to wow the kids. If you've ever got kids that are interested in what you're saying, they've never heard the alphabet backwards. They've heard it forward a thousand times. They've never heard it backwards.

I have a story. So, it's not just ADDYCFD. It's a zebra that's yellow that's playing a xylophone winning until he runs into a German soldier who says, "Vat are you doing?" That is the magic behind that alphabet backwards. It's not that you know twenty-six letters and how to say them in the reverse order that everyone else knows how to say them. It's that by memorizing the alphabet backwards, he helped me use my creative side of my brains which nowadays, kids are not be creative anymore because all of the creative is being downloaded from TV and video games.

So, what I did is I accessed by own creativity by using my right brain just to think of words that started with those letters and put them into a story that made sense.

Michael: Right, that's where you're picking up the right side of the brain.

Nathan: It's not that I know twenty-six letters in a row, that you're using your right side of your brain to be creative. I'll tell you once I started working Michaels program, I believe it was the left-handed penmanship that I don't know for lack of a better word, unlocked my right brain.

Michael: Tell me about that first day that you tried to do your name backwards in reverse. Was that the weirdest thing or what?

Nathan: Doing the left-handed penmanship, I remember when I started thinking, "I feel retarded." I remember doing it going, "This is what a mentally challenged person must feel like." My hand wouldn't do it what I wanted it to do. My brain wanted to stop. It didn't want to keep going. I had to force myself every letter left-handed until it just became fluent. I can almost write as well left handed as I can write right handed.

Michael: How much writing are you doing a day or every couple of days?

Nathan: I'd say a page a day because I've got a lot of space in here. In the last hundred days, I filled up a two hundred page journal. So, I'm at about an average for two pages a day, but I got a lot of space in here.

Michael: Are you right hand dominant?

Nathan: Right hand dominant my whole life.

Michael: How much time are you spending on the left hand compared to the right hand? Does the left hand mirror it?

Nathan: As much time as anything I do right handed, I try and do left handed for the same amount of time.

Michael: In your train, do you equal out left and right writing?

Nathan: Exactly. I'll consciously equal out. I'll do the alphabet backwards left handed and then I'll do the alphabet inside out right handed, and then I'll do it from the insides in left handed. I don't give my right hand more attention than my left hand.

Michael: Tell me about the first hammer drills you did. Did you go out and get a rubber mallet or what?

Nathan: It started with one rubber mallet.

Michael: The little ones or the bigger one?

Nathan: I got a little one. I believe it was an eight ounce hammer. It was a white head. It kind of had a smaller hammer top than I wanted. It didn't have the surface area I was looking for. So, I went to the store, and I got for \$4.95 at Home Depot. I got two of the sixteen ounce black rubber mallets, and my arms have never looked better. I don't go the gym.

I go to the gym, "You're lying to me. There's no way you don't go to the gym."

Michael: Are you done training at the gym? You don't train at the gym anymore?

Nathan: I don't have a gym membership. I haven't worked at the gym in two years. Before working Michael's program, I almost had given up on life. So, I wasn't going to be who I wanted to be. I was really depressed. My memory was slipping, and I'm going, "Twenty-five years old and I can't remember things? How do people survive for eighty years?"

I thought I was developing some form of schizophrenia or I couldn't figure it out. I just couldn't, and it was all the video games and all the television and all the outside influences.

Michael: Were you partying at all?

Nathan: I was partying. I mean I still go out. I don't party. I'm not a big party animal. I wouldn't say I was partying at the time, but it wouldn't be uncommon to see me at a party. I'm not a big party animal, but it's very interesting. Right after I started Michael's program, right after, four days after starting Michael's program, I woke up starving. I had never been this hungry in my life, and I was a wrestler in high school. We pride ourselves on starving ourselves.

I knew it was like to be hungry, but I had never woken up and been this hungry before. I ate the night before. I ate really late. I'm thinking, "Why am I so hungry?" So, I call Michael. I go, "Michael, I woke up. I'm starving." He goes, "Nathan, have you been doing everything I told you?" I said, "Yes." He goes, "Your body is cannibalizing fat. So, once it ran out of fat to cannibalize, your body needs sustenance like now." I didn't know what he was talking about.

Michael: You know what. I noticed the same thing. I go, "Dude, I am just ravenous." I want to lose weight from this. I'd love to take off twenty, twenty-five pounds, but I'm like, "Dude, I'm just hungry all the time."

Nathan: When I first started the program, I was eating food not even for the taste or the flavor, pure sustenance. I just needed that in my system. It was just fuel.

Michael: When you're doing the rubber mallets, how long did you work the rubber mallets even though you could do the rubber mallets pretty good? Did you continue with those?

Nathan: I wasn't that good starting out. I hit about fifty about each arm continuously, and now I'm at about a thousand. I can hit them about a thousand times. I started doing it left and right handed, and one of the things I just noticed is better hand-eye coordination, again on and off for about twenty minutes a day.

Michael: Did you progress to a heavier hammer?

Nathan: No, recently, Michael has told me, "Nathan, you need to get an S swing hammer." I went to the store looking for an S Swing hammer, and they had all these graded tops and I couldn't find the right hammer. So, I'm in the process of getting an S Swing hammer, but I don't have one yet.

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Michael: So, you're doing the rubber mallet still. This is what I was talking to him about. I've got the rubber mallet down. I could do it for twenty minutes on both sides, and then I'm doing the memory and the alphabet backwards and the states and using my brain for the kind of stuff. So, doing all that at the same time, I'm like, "This has got to be a great workout."

He's like, "Now, you've got to go to the S Swing and challenge yourself with a smaller diameter head on the hammer." I still believe that even though the act of balancing it on the rubber mallet, you're still getting better and better at it even though you can do it.

Nathan: You're strengthening the Milan sheath surrounding the nerves. So, you're getting more connectivity from your brain to your hands, which increases the functional strength that you have. So, I've been working out my whole life, but I've never had a grip like I have now.

Michael: Just from the rubber mallet?

Nathan: Just from holding a sixteen ounce rubber mallet, and this is why. Every time I hit that ball, my muscles are tensing up, "Boom, boom, boom!" So, those short flexes is much more and such a bigger impact on my physique and the way my muscles develop than twelve sets.

Michael: That's very interesting because it makes me think of like Bruce Lee or those electrical stimulation things when they hook them up.

Nathan: Yes, the one inch punch.

Michael: Yeah, but you know how he hooked himself up to the electrodes that would cause his muscles to contract.

Nathan: I didn't know that.

Michael: They sell these machines for people who want to get ripped where they hook up electrodes to your muscles and they cause a little charge. You're just giving me a connection here.

Nathan: That's great, but you're cutting out the magic of the whole thing which is the brain.

Michael: I agree, but I'm just thinking from the actual physicalness of the hammer drill, you're bouncing the golf ball. Yes, every time you hit, you could do five hundred in about five minutes or even less. You're contracting five hundred times in five minutes.

- Nathan: Normally, in a workout in two minutes, I would contract ten times.
- Michael: It's not like it's a big strong contraction, but nevertheless, it's still a contraction.
- Nathan: So, now when I flex, it's almost if I'm hooked up to an electrical grid like those Edison with all the wires that are behind walls. That's what I feel like my body's like. Anytime one of my neighborhoods needs electricity like my arms, I just squeeze and it's there. It's no problem. I've never felt more manly in my life. Girls are drawn to me like flies are drawn to light. I don't know a better way to put it. Who I was before and who I am now, night and day, and compared to people around me, there's no comparison. I'm nothing like the guys I work with. I couldn't even hang out with the same people I hung out with three months ago. Unless they're willing to change, because I'm so different.
- Michael: What are you doing for work now?
- Nathan: Before I was working at In and Out, and I quit that job, thank God, and my second interview, I nailed. It was so funny. I Whole Brain Powered the interview. I really did, and within thirty seconds, the manager was asking me closing questions, "Can you shave that beard? Do you have any vacations planned? What's your availability like?"
- I'm going, "Dude, I've got this job my second interview." I've been making twice as much money as I was making at In and Out, and just having so much more fun.
- Michael: Where are you working?
- Nathan: BJ's, it's a brew house. It's down on Margarita. I'm a server.
- Michael: Cool.
- Nathan: I'm just waiting tables now.
- Michael: You're only 26. That's fine. Did you go to college?
- Nathan: I went to Saddleback for a couple of years. I was getting my general education done, and I was also working on the side delivering food for a company called Restaurants on the Run. Basically, we take our food from restaurants that people don't want to go to, and we bring it to their house where people are nice and comfortable.

I took food to one house, and the gentleman offered me a job doing home mortgage loans back when home mortgage loans were really good. So, I quit school to work doing loans for about six months, and then my boss took me to Asia, and he let me hire a best friend of mine. I was twenty years old in Asia with my best friend doing loans for month. I was going, "Why would I ever go back to school? I'm so happy."

I got out of there and I came back, and I never wanted to spend a hundred thousand dollars to get a receipt, put it on the wall and say, "Look what I do." I would go to school if I knew what I wanted to do with my education, but I'm not going to just go to school to learn a bunch of stuff they want to teach me.

Michael: That makes total sense, absolutely. So, you're a personal trainer, and I'm sure you've seen people who do steroids and they're juicing. Do you believe that the Whole Brain Power is producing steroid type effects?

Nathan: Oh without a doubt. Like I was saying I've never felt more manly in my life. Two things I hear all the time is, "What are you on?" People think I'm on things and it's only because I have this wealth of energy that I've never had before.

Michael: What are some other things that you really noticed about the Whole Brain Power stuff?

Nathan: There's still more. About a week into the program, I was washing my hair in the shower. I remember soaping up, and feeling my midsection and going, "Gees, I'm cutting up." I don't have any fat left on my body, and what was interesting is I've always been tall, slender, but when I was playing video games and I wasn't exercising my brain, I was turning into a dweeb, just real lanky, no glutes, not muscles, no calves.

After working Whole Brain Power, just bouncing golf balls on hammers, working on my penmanship and doing two to the powers of, I've noticed I've got calf muscles now. All my ligaments, all my cartilages, my Achilles tendon, everything's denser – my muscles denser. My hair got softer. This is what I was trying to say. I was washing it in the shower. My hair, a week later got softer.

Michael: Did you change your diet at all?

Nathan: I did change my diet. Michael told me I needed to start intaking more eggs and more cholesterol because the cholesterol can be fuel for my brain to turn into [inaudible], which is I guess the master steroid for steroidal genesis. I thought by exercising my brain, things were just working better

and that's why my hair had gotten softer, but after speaking with Michael, he told me it was my diet and I had changed my diet.

Michael: So, you started eating eggs everyday?

Nathan: Eggs every day.

Michael: A couple eggs every day.

Nathan: As many as I can. I can only handle about four. I'm trying to eat as many as I can. Other things that changed, oh my face has changed. In a hundred days, I believe I've become more handsome. One is I was cannibalizing fat. So, I didn't have a chubby face anymore, not that I was chubby. I didn't have any excess fat on my face. Now, chiseled face, better jaw line, better cheek bones, the crows' feet are gone because Michael told me that by getting a better diet in there it's going to produce better collagen in my skin and it's going to get rid of wrinkles, and I concur one hundred percent. I've never had better skin in my life.

That's another thing too. I had circles under my eyes. Dude, twenty-five years old, why do I have circles under my eyes? It doesn't make sense.

Michael: So, are you totally done with the video game?

Nathan: I quit the video games cold-turkey. Not only that, now I detest video games.

Michael: What do you tell your friends about the video games? Are they still playing some of them?

Nathan: My brothers are both addicted to video games, and I say addicted because it's literally an addiction. I remember at 25 years old, you're working in at In and Out in Orange County, California. You don't make enough money to survive on your own. So, I had to go to my parents for somewhere to live, and they said, "You can live here. Just stop playing video games, Nathan."

My brain went into survival mode, and here's why. I had become addicted to killing people on that XBOX counsel because your brain releases beta endorphins which are, it's not more powerful but just as powerful as heroine. So, in order to relax, I needed that stimulant. I needed the video games, and so once he told me that that's the reason why my brain wasn't working properly. That's part of the reason I'm working at In and Out. It's part of the reason my body didn't look the way I wanted it. It's why I have crows' feet. That's why I get social anxiety. I can't talk to people. I get

nervous around girls. I said, “Michael, I’ll quit playing video games,” and I quit.

Michael: It scared the shit out of you, didn’t it?

Nathan: It did. It did scare the shit out of me, and all the movies, too. Now, I get anxiety when I watch commercials. TV shows I can do. There’s a lot of fast paced editing and stuff, but with commercials now that I know what they’re trying to do. They’re trying to keep your heart rate up and all this fast editing. They want to throw things in your face and get your heart rate up, and I can’t even watch it now. It gives me too much anxiety.

Michael: Do you have TiVo where you can fast forward to the shows?

Nathan: Yeah, I do, but I just don’t watch that much television. If I do watch television, it’s the Human Planet or Planet Earth, just stuff about how great this planet is, not the news, not CNN.

Michael: Someone listening to this, are you totally stoked about this? You’re revealing incredible positive benefits from mental benefits to physical benefits to social change, characteristics on your face, fat loss, denser muscle. You know how apathetic people are and just skeptical. They’re saying, “Oh, this guy is full of shit. It’s a bunch of bullshit.” What would you tell them?

Nathan: You’ve got to try it for yourself. Michael said one thing to me. He said, “You’ve got one life to live, and if you knew today was the last day of your life, would you talk to people differently? Would you look at things differently?” He goes, “Would you play video games if you knew it was the last day of your life?” I said, “Not a chance, not a chance.”

If you’re apathetic, here’s the thing, you’ve got to want to change. If you’re happy with your brain and how things are going, don’t try the program, but if you’re overweight, or you’re having a hard time memorizing things or you can’t remember names. You can’t remember where your car keys are. You don’t look like the way you look. You’re not where you want to be at. You’ve got to try the program. It’s the best program out there.

Michael: Michael may have been talking about someone else. Did you get a new girlfriend recently?

Nathan: Yes, I did get a new girlfriend.

Michael: I think he said did you have your girlfriend doing some of the Whole Brain Power stuff?

Nathan: She's been doing the alphabet backwards, down. She's got two to the powers of, down, which is another one. If people want to lose weight, that two to the powers of...I can't go up to the 35, two to the 35th. So, two, four, eight, sixteen, 32, 64, 128, 256, 512, 1024, 2048, 4096, 8192, 16384, 32768, 65536, 131072, 200144, 524288, 1048576, and I keep going.

Michael: That's incredible. Let me ask you this. Just doing the alphabet backwards. It starts out a little slow, and then as you get it down, it gets faster and faster. Did you find that when you're doing your memorization, you're reciting it back verbally, that you're able to pull it up and think, "Look how fast you did that?" You know what I'm saying?

Nathan: Oh, much faster, yes, much faster. The ability, and here's the thing, people wish they had the ability to slow time down. When you're going in for the first kiss, they want to be able to savor the moment, and that's what Whole Brain Power has allowed me to do because by thinking faster, I believe you can slow down time.

So, the faster you can process information, the slower time's going for you. I don't know if that makes sense.

Michael: Yeah, your output on the power is right there. Compare that to normal. You have slowed down time when you're comparing it.

Nathan: Another thing that I do is Pi. I've got Pi up to 150-160 digits, and every time I recite Pi, it gets faster and faster, every time.
3.141592652589793238462643823795028841971693993751058209749
4. When I started, I couldn't do it that fast.

Michael: When someone says, "How the hell do you do that?" Do you have a story for all of that?

Nathan: I do have a story. I use the ping system where one is P, two is N, three is M, and you use those letters to make a story where the vowels don't count. Again, more right brain, more creative.

Michael: You write your story down for Pi like you did with the states?

Nathan: Exactly. If you try to do the left hand mirror image, the two to the powers of, it's almost as if you have to rewire your brain to do it left handed.

Michael: Say that again.

Nathan: Every time I memorize two to the twentieth, the first hundred digits of Pi, and I sit down and try to write it left handed, it's almost as if I have to reteach it to myself.

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- Michael: Oh, really, when you're writing it left handed?
- Nathan: I taught it to myself in my left brain and then my left brain needs to teach it to my right brain.
- Michael: I see, when you're writing out the story.
- Nathan: Left handed, exactly.
- Michael: So, you're learning it whole brain.
- Nathan: I never had better time with my life until I started studying the mammalian brain.
- Michael: What are you going on reading research about this?
- Nathan: My whole life, I never thought the key to happiness would be the brain. The brain is the most powerful pharmacy on the planet. I know people that went to jail for two years trying to steal drugs so they could get a feeling from a chemical that's already in their brain. It's so sad. America nowadays, Americans are losing their minds. We've got Alzheimer's, rapid rate. We don't even know what is entertainment anymore. You go to the movies and it's like, "This girl getting raped? I paid to see this?"
- Michael: I'm very interested in all of this, and look the brain is a huge frontier. Have you gone out on your own to further study on the internet other stuff about the brain?
- Nathan: Outside of Whole Brain Power, I really haven't.
- Michael: There's a great website. Have you ever heard of TED?
- Nathan: No, I haven't.
- Michael: If you go to TED.com, what these are, these are twenty-eight minute speeches from some of the world's most brightest people all over the world. They're speaking at a conference. I forget what the acronym is, but if you just search Brain, you'll see some of the foremost brain experts talking about different aspects of the brain in a short twenty-eight minute video, and it's fascinating stuff.
- So, I've watched a lot of them, and you can make a lot of connections to Whole Brain Power to some of this stuff they're talking about, if you're into further study.

- Nathan: No, I will, TED.com. I'm on the computer all the time. I don't spend any time in front of the TV.
- Michael: Yeah, go to TED.com and just search Brain and listen to some of these talks, and then relate it to everything that you're going through and you've experienced. You just make new connections.
- Nathan: Excellent, cool, I'm looking to be blown away.
- Michael: This has been a great story. I'm glad you're having such great results.
- Nathan: Life is good. I'm really appreciative towards Michael and everything he's done for me because he really went on a limb just because I was willing, he took the time for me. I'm very thankful forever. I'm going to start crying, seriously. I don't know where my life would be. I don't know what I'd be doing.
- Michael: Well, hopefully, it's just the start. Can I follow up with you in another thirty, sixty or ninety days?
- Nathan: No problem. I'll talk to you then. I'll look forward to it, Michael, and you call me anytime you want to outside of the interviews.
- Michael: All right, I will, no problem. I appreciate it. Have a great rest of the Tuesday, and I appreciate you taking the time.
- Nathan: I will. God bless, I hope I talk to you soon.
- Michael: Okay, bye.