

## TO CHANGE THINKING – DETAILS MATTER



### PACK YOUR THINGS - WE'VE CAST OFF FOR NEW DESTINATIONS



We're already headed offshore, and after 9 outstanding CoreBrain Journal conversations I confess that I'm openly loving the journey with our guest travelers to new lands. The exciting news for both of us: our intriguing CBJ guests amaze me with fresh biomedical insights at every meeting, - in spite of the fact that I've worked hard to stay ahead of evolving mind science for 45 years.

My interview objectives here at CoreBrain Journal are simple: If I learn, you will too. I know you'll love this trip when you listen in:

COREBRAIN JOURNAL LAUNCH DATE - APRIL 15, 2016.

**Your Code Is Easy** – Our recording code is your access code. For example: <http://corebrainjournal.com/001> will, upon launch, take you to this episode:

**001 Parker - My Intro: Why CBJ?** – Start with 'why' to build a firm foundation. Thousands suffer with the imprecise guesswork of insufficient psychiatric diagnostic labels & inaccurate treatment practices – why not discuss the realities of data for more predictable results?

#### ABOUT OUR EXTRAORDINARY GUESTS AT CBJ

These guests will make you catch your breath. This brief preview shows our strategy for first 9 topics that work... and we're only just getting started.

**002 Cassani – Medications Mismanaged** - Monica Cassani spells out how mismanaged benzos and antidepressants created years of recovery challenges - and how she made it out of those terrible woods. Psych meds often do work well, unless they don't.

**003 Tendler – dTMS - Deep Transcranial Magnetic Stimulation** - Dr. Aron Tendler - Psychiatric brain researcher who uses dTMS to bring remarkable

new, peer-reviewed technology to address repetitive treatment failure for others lost in the deeper psychiatric swamps. He's looks beyond the surface diagnosis - into the reality of corrupted neurophysiology.

**004 Kosierowski – ADHD Coaching Insights** - Keith Kosierowski - An ADHD Coach who teaches parents, teachers and education administrators. Cognitive problems require a cognitive approach.

**005 Osborne – Fresh Gluten Science Details** - Dr. Peter Osborne - A national authority regarding the neurophysiology of gluten sensitivities on brain function. Warning: deep gut and brain insights do require a fastened seat belt. Osborne brings deep insights to why some diets don't work.

**006 Vespasian – Rational Thinking Works** - John Vespasian - An author interviewed in the Netherlands with remarkable insights from his 9 books on Rational Living – read: [critical thinking](#). Platitudes help, but reality cuts the mustard.

**007 Hedaya – Psychiatric Evolution in Person**- Dr. Robert Hedaya - He's won numerous teaching awards at Georgetown – an international expert on brain function. His remarks: inspirational. He's on a mission. If you don't look, you can't see. Hedaya is looking hard for the differences that matter.

**008 Siefkas – Personal Notes On TBI & PTSD**- Heidi Siefkas - An international travel expert with a story that will at once break your heart and give you hope. Her program can add fresh insights for yours. She is one tough woman. Recovery works if you work it.

**009 Stevens - The Biology Of Alcohol** - Scott Stevens - An award-winning journalist with two near death experiences with alcoholism who spells out fresh, biologically relevant details on the body, brain and alcohol. Addiction and abuse kill the body and the mind.

**010 Melillo – Deep Tools For Brain Balance** - Dr. Robert Melillo - An engaging, articulate medical professional who completely understands the profound clinical impact of the disconnected brain. His balanced big picture view will make you want to regularly connect to learn what he's doing next.

## ACTIONABLE BENEFITS - VALUE FROM CBJ GUESTS

**Downloads:** The show notes for each episode will always include additional, useful, complimentary resources through product drawings, books and PDFs.

**Guest postings:** Many of our CBJ guests will also add further benefit to their insightful *Audio Episode* remarks by providing *Guest Post Articles*.

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