

# Mystic Cool

The background of the cover is a dark purple field filled with intricate, flowing light patterns. A prominent feature is a bright, glowing yellow and orange shape in the center, resembling a stylized 'O' or a lens, surrounded by concentric, wavy lines of light. A sharp, purple light streak enters from the left side, curving upwards and then downwards towards the bottom right corner.

Neuroplasticity, Transformation, and the Power of Attitude

Don Joseph Goewey

# Mystic Cool

You possess the most remarkable system in all of biology, the human brain. You have the power to direct it with the most complex set of processes in the universe, the mind. When you use this creative power consciously, your brain actually begins to organize around it. A conscious shift in attitude actually rewires your brain to realize your innate potential. As you make this shift, you not only actualize the power to excel in whatever you do, you can direct your experience in ways that makes life personally and interpersonally joyful and fulfilling. As wonderful as this might sound, for many the journey has been anything but. This creative gift is like a glistening jewel locked in a safe whose combination we cannot remember. Mystic Cool presents the “combination” for unlocking this creative power. It is based on breakthroughs in neuroscience. As it turns out, the combination to the safe is mercifully simple and, with practice, change can happen in a matter a weeks.

## About the Author

Don Goewey has had a long career in the field of human potential and human performance. He is currently president of ProAttitude, a human performance company dedicated to transforming the workplace through a unique and powerful approach to ending stress. Previously, he served as an executive at Stanford University Medical School, the International Center for Attitudinal Healing, and San Mateo County Health Department. He has studied and consulted with Carl R. Rogers, Ph.D., the founder of the humanistic psychology. He has also worked closely with Gerald Jampolsky, M.D. in establishing a school of psychology based on attitude. Don is uniquely qualified to translate the new discoveries in neuroscience into a practical approach to sustaining a successful and fulfilling life.

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