

## Breakout #5:

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*“Brain Habits that Silently Steal  
our Health”*

- ❖ *How the brain learns, the basis of NLP (how the brain codes information).*
- ❖ *What creates a habit.*
- ❖ *How to set up a new habit in 5 minutes.*
- ❖ *How to begin changing an old habit.*