



Wired that Way

Find out what your brain is up to and what you can do about it.

Your brain has a mind of its own. It operates largely outside your awareness and without your consent. And it doesn't always want what you want.

Because of the way your brain is wired, no matter how hard you try—or *what* you try—you simply can't:

- **Become more conscious**
- **Get off the hamster wheel or stop operating on autopilot**
- **Change your behavior or achieve your goals through will power**

Your brain has two parts: the unconscious (**System 1**) and the conscious (**System 2**). You probably identify with **System 2** because that's the only part you're aware of. That's the only part anyone is aware of. But **System 2** is just the tip of the iceberg when it comes to your brain. The real hero and mastermind is **System 1**.

You can't access System 1 directly, but you can learn how to:

- **Use your conscious attention more effectively**
- **Alter your hamster's (I mean *brain's*) programming so autopilot works for you instead of against you**
- **Change your behavior and achieve your goals through persistence**

Wired that Way is a 4-hour workshop that will provide you with an overview of System 1 and System 2 and give you practical tools for using your brain instead of letting your brain use you.

3rd Saturday of the Month

10:00 am-3:00 pm

(w/one-hour lunch break at a nearby restaurant; cost of lunch not included)

\$50⁰⁰

**For more information or to register, contact Joycelyn Campbell at:
505-332-8677 | Joycelyn@farthertogo.com | farthertogo.com**