

3

SECRET THINGS HOLDING YOU BACK FROM SUPER PRODUCTIVITY



PRODUCTIVITY

INTRODUCTION

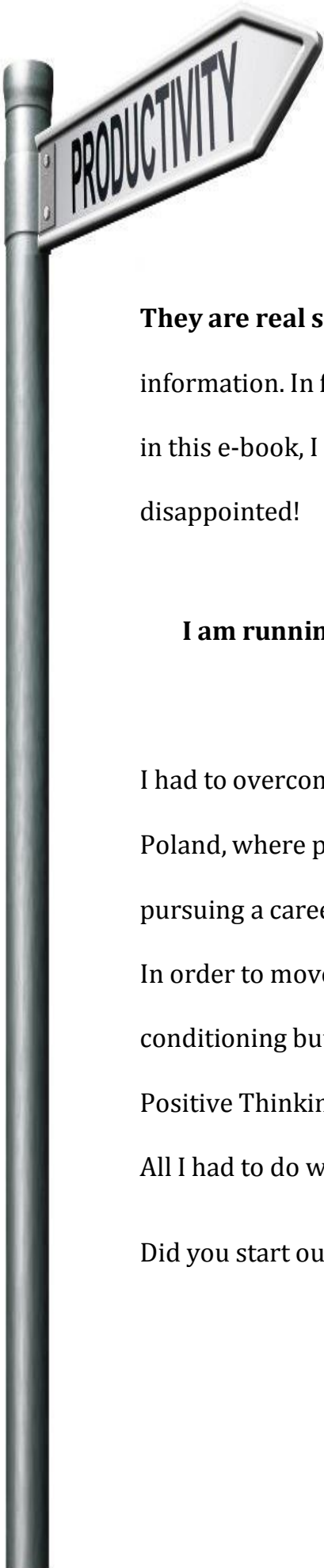
You already know how to be more productive. Find out what's stopping you from applying what you already know! In this eBook, Paula shares with you knowledge gained through years of learning.



Hello, I am **PAULA OLESKA**, CEO & founder of Natural Intelligence Systems, Inc. I teach individuals and groups how to achieve amazing results in record time with my proprietary Brain Upgrade® system.

ARE YOU SERIOUS about breaking through the barriers that hold you back from Super Productivity and success? I guess you answered yes, since you are reading this e-book. And wouldn't it be nice if achieving these breakthroughs was also easy and fun?

I'm going to share with you three secrets about how to unleash your brain power to achieve things like ending procrastination, making better decisions, achieving your goals and more.



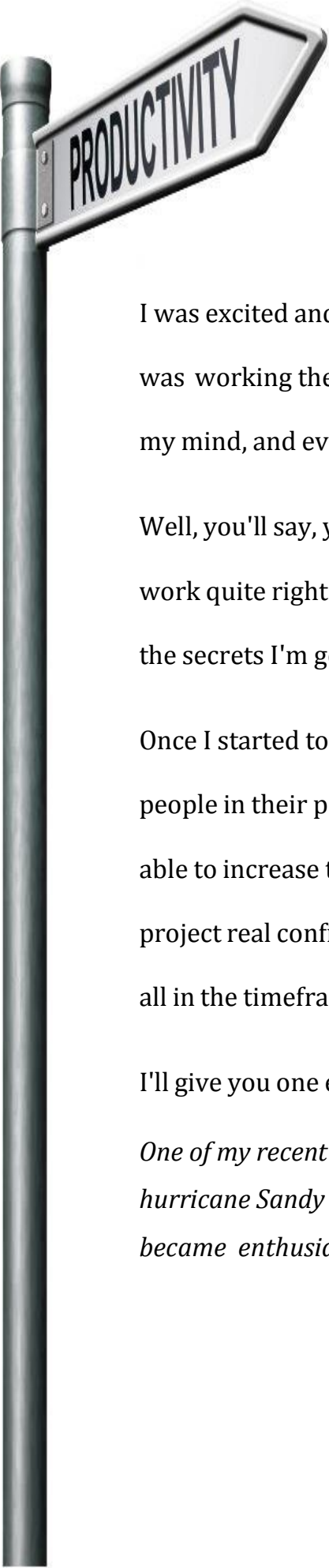
They are real secrets because so far only a few people have had access to this information. In fact, there are more than three secrets but because of the limited space in this e-book, I can only share the most basic ones. But I guarantee you will not be disappointed!

I am running a very successful practice in New York, but that didn't come naturally to me.

I had to overcome many obstacles and learn many things. I grew up in the communist Poland, where private enterprise was prohibited. When I came to this country, I was pursuing a career as a dancer and a singer, so I was a starving artist for several years. In order to move forward in a different field, not only did I have to unlearn all of my conditioning but also learn what to do. So when I came across things like "Power of Positive Thinking" I was ecstatic. Finally, there was a simple solution to my problems! All I had to do was to change my mind and cultivate positive thoughts.

Did you start out with books like that too? How did they work for you?

3 Things Holding You Back from Super Productivity



PRODUCTIVITY

I was excited and fascinated at first but after a while I discovered that not everything was working the way the books said it should. First of all, it was not easy to control my mind, and even when I did, the results were not quite what they should have been.

Well, you'll say, you should have worked harder! And I did. But something still didn't work quite right. So I kept looking and searching until I finally came across some of the secrets I'm going to share with you today.

Once I started to apply them, not only my life took off but I was also able to help many people in their personal and business lives. Individuals who worked with me were able to increase their incomes, get better jobs, resolve conflicts at work, feel and project real confidence, improve relations with their families and many other results - all in the timeframe that would be considered impossible with other methods.

I'll give you one example:

One of my recent clients was despondent because his business had been ruined by the hurricane Sandy in 2012 and his personal life also fell apart. In only six months, he became enthusiastic about life and on track to make half a million dollars this year.



~~FAILURE~~
SUCCESS

PRODUCTIVITY

How are such results possible?

SECRET #1: These results are possible because I discovered there is only ONE underlying reason behind ALL problems: **BRAIN ORGANIZATION.**



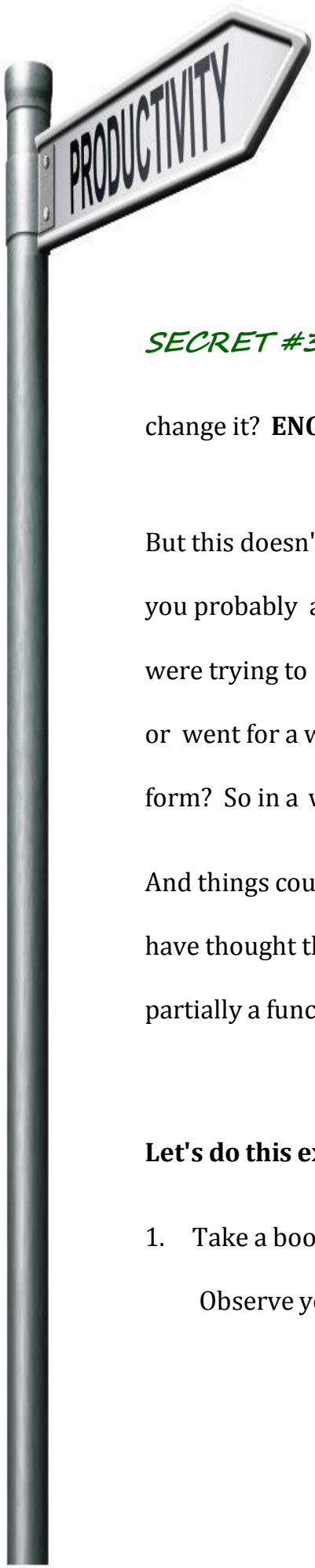
But what does that mean?

You see, your brain is organized differently for different tasks. And if the task is challenging or stressful, parts of your brain SHUT DOWN. So you don't perform with all of your brain power. But there are EASY ways to switch the power back on! That's what Brain Upgrade is all about.

SECRET #2: You have to change your mind to succeed, right? But have ever wondered where your mind is? And how does the mind relate to the brain?

Here is the SURPRISING answer: **your mind AND your brain are IN THE BODY!**

Your mind is the outcome of your brain activity. And your brain is not just in your head: **your brain is a COMMUNICATION NETWORK that includes both, the brain in your head and also your WHOLE BODY.** This is what the most up-to-date neuroscience tells us.



PRODUCTIVITY

SECRET #3: Now that you know where your mind is, what is the fastest way to change it? **ENGAGE YOUR BODY!**

But this doesn't mean you have to go the gym and work out. But talking about gyms: you probably already experienced this principle! Have you ever had a problem you were trying to solve and the solution appeared to you when you actually to the gym or went for a walk? Doesn't your mind work better after you work out in some form? So in a way, you already know that you have to engage your body.

And things could be even simpler than that. Let's take the ability like **FOCUS**. You may have thought that focus is just in your mind, but I'm going to show you that is at least partially a function of your body.

Let's do this exercise:

1. Take a book or a paper you haven't read yet and read two-three paragraphs.
Observe your focus, comprehension and reading speed.

2. Now do these two exercises:

- *Eye Circles*

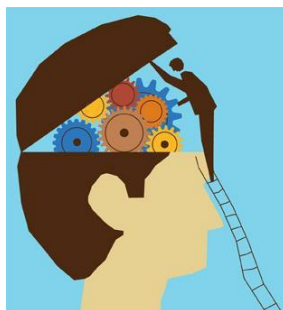
Hold your thumb about 14" away from your nose. **SLOWLY** draw a circle upward toward your left, come down at the outside of the circle and then towards the nose; then upward in front of the nose and toward right. Repeat several times. Switch to the other hand and draw an infinity sign in exactly the same way, always going up in front of your nose. Join your hands together with fingers interlaced and repeat several more times looking at both thumbs.

- *Cross crawl*

While standing, lift your left knee and touch it with your right hand. Then change to right knee and left hand, like marching in place. Repeat sixteen times.

3. Now read another section from your publication and compare your focus, comprehension and reading speed now.

Do you see a difference? Now you see what I mean: you just organized your brain by using two simple activities.



3 Things Holding You Back from Super Productivity

PRODUCTIVITY

There are many other exercises you can use to organize your brain with the same principle: **ENGAGE YOUR BODY WITH TARGETED ACTIVITIES.**

BONUS SECRET #4:

What is really Holding You Back from Super Productivity?

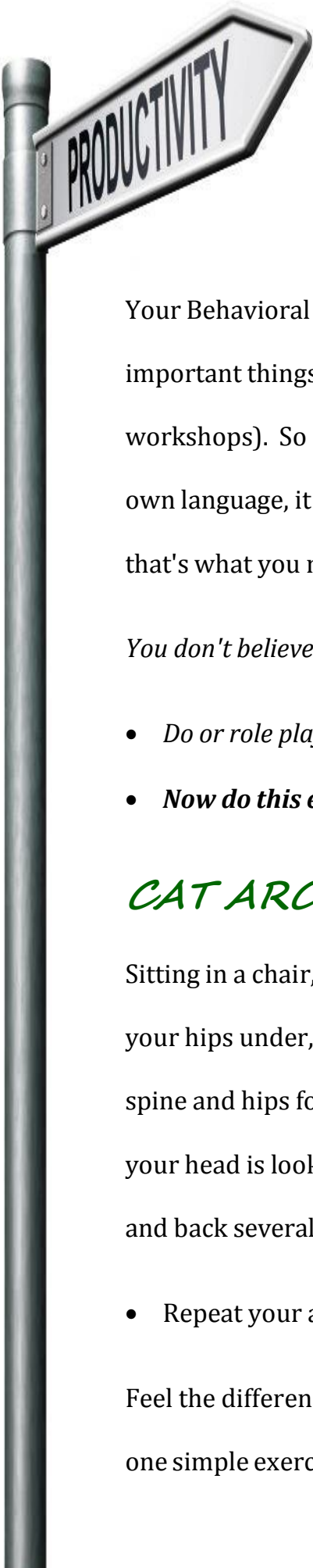


Have you had the experience of making a firm decision that you are going to do something - like exercise, change your diet, organize your desk, follow up with contacts, etc. - and never got to it? Why is that? Why so many people know what they should be doing - but they are not doing it?

Here is the secret: the part of your brain that thinks and makes rational decisions is not the same part that takes action! And these two parts don't communicate very well. Why? Because the Thinking Brain thinks in words and the Action-Behavioral Brain doesn't.

What? Is there really a part of the brain that doesn't think or speak in words?

Yes, there is!



PRODUCTIVITY

Your Behavioral Brain is in charge your movement and muscles (and many other important things, which I'll be happy to go into when you take one of my AMAZING workshops). So Behavioral Brain understands movement and if you speak to it in its own language, it will breathe a sigh of relief (metaphorically speaking), and say: "So that's what you meant all along? OK, let's do it!"

You don't believe me? Do this activity:

- *Do or role play something you've been putting off;*
- ***Now do this exercise:***

CAT ARCHES, SITTING DOWN

Sitting in a chair, rest your hands on your knees. SLOWLY round your back by tucking your hips under, dropping your chest and head. Use your hands to pull the base of your spine and hips forward and continue to arch your spine until your chest is lifted and your head is looking at the ceiling. Round your back again and repeat arching forward and back several times. Repeat at least seven times.

- Repeat your activity or role play

Feel the difference? Wasn't it easier to move on with your task? And yet you only did one simple exercise!

PRODUCTIVITY

Here is the summary of the secrets we have just covered: *What is holding you back from super productivity is the lack of coordination between your Thinking Brain and your Behavioral Brain. You need to help them communicate better through targeted physical activities, so that your thinking will easily lead to action.*

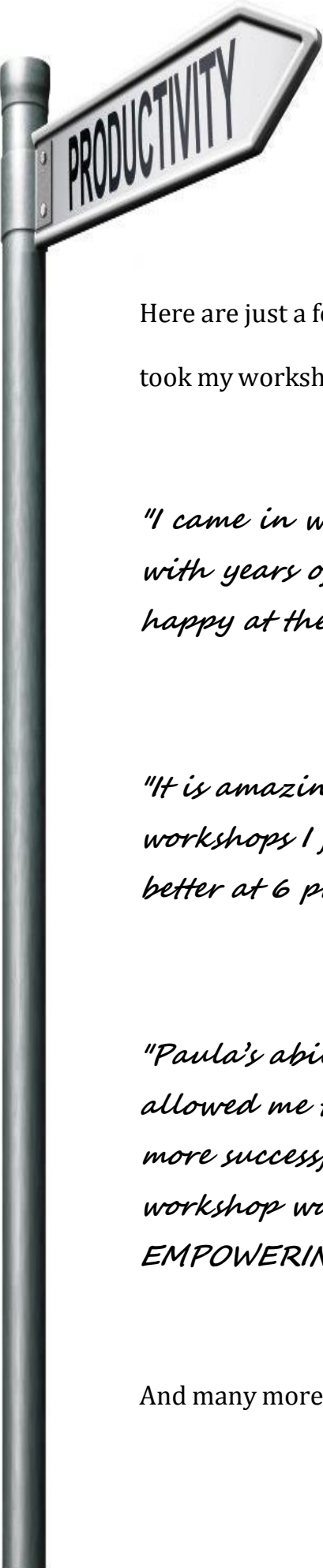


YOU MAY BE WONDERING why I'm sharing these insights with you. As I mentioned before, I had to find my answers through a great deal of research, through trial and error. It took many years to put together my system I now call **Brain Upgrade**. But since the answers are already here, why should you have to struggle?

YOU don't need to take years to learn these things!

When I discovered these secrets, my life accelerated and I was able to accomplish more in less time. When I started to apply these principles in my work with clients, their lives accelerated too. It was inspiring to more watch them grow.

3 Things Holding You Back from Super Productivity



PRODUCTIVITY

Here are just a few comments from individuals who have been working with me or took my workshops:

"I came in with dread at the idea of cleaning out an office filled with years of accumulated papers, etc. Now I feel determined and happy at the prospect."

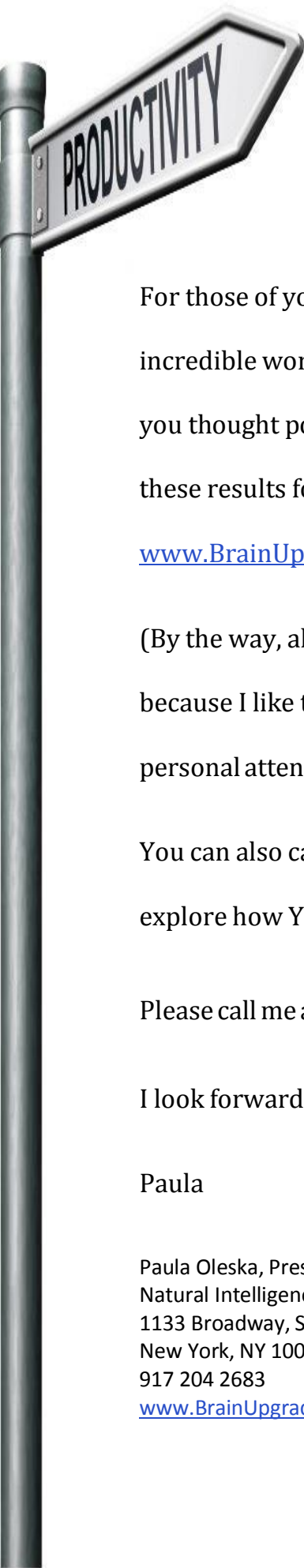
* * *

"It is amazing how fast you can see the results. Usually after all day workshops I feel really tired. Yesterday and today I actually feel better at 6 pm than I felt at 10 am when the class started."

* * *

*"Paula's ability to see depth and unexpected perspectives has allowed me to get to new levels of vision about what to do to be more successful, how to do it and how to enjoy it more! This workshop was subtle but deeply transformative and **EMPOWERING!**"*

And many more results...



PRODUCTIVITY

For those of you who are serious about learning more, I will be offering a series of incredible workshops that are guaranteed to increase your brain power beyond what you thought possible. I encourage you to attend these workshops so you can claim these results for yourself. There is more information on my website,

www.BrainUpgrade.biz.

(By the way, all of my workshops are small, limited to ONLY 10 PARTICIPANTS, because I like to work with small groups and make sure each participant receives personal attention).

You can also call me to schedule your FREE 30 minute Brain Upgrade consultation to explore how YOU can achieve **HYPER PRODUCTIVITY**.

Please call me at **917.204.2683**.

I look forward to hearing from you!

Paula

Paula Oleska, President
Natural Intelligence Systems, Inc.
1133 Broadway, Suite 1219,
New York, NY 10010
917 204 2683
www.BrainUpgrade.biz

3 Things Holding You Back from Super Productivity

PRODUCTIVITY

ABOUT THE AUTHOR



Through her personal journey of emotional and physical healing and recovery, **Paula Oleska** discovered secret shortcuts to achieving amazing results in all areas of her life. With these discoveries, Paula was able to create her Brain Upgrade® system and build her practice despite not having any previous business experience. She has helped over 3000 individuals and groups in all walks of life achieve their goals in a fun and easy way. Their achievements ranged from writing a Ph.D. thesis, to getting better jobs, resolving family conflicts, effective communication, public speaking and more.

Click to Connect:



BrainUpgrade.biz

Brain Upgrade for Super-Productivity * Keys To Real Wealth * Super Brain Breakthroughs 1: Your Whole Amazing Brain * Super Brain Breakthroughs 2: How To Add Joy and Creativity To Your Life * How To Be People Whisperer * Vocal Gym: Reclaiming The Power of Your Voice for Speaking and Singing * and so much more