

# The Wisdom of Your Cells: How Your Beliefs Control Your Biology



In the tradition of Carl Sagan, Rachel Carson, and Stephen Hawking, a new voice has emerged with the unique gift of translating cutting-edge science into clear, accessible language: Dr. Bruce Lipton. With *The Wisdom of Your Cells*, this internationally recognized authority on cellular biology takes listeners on an in-depth exploration into the microscopic world, where new discoveries and research are revolutionizing the way we understand life, evolution, and consciousness. In this full-length audio course, Dr. Lipton shares his lucid and startling insights about the building blocks of life, and how each one of our cells has far greater innate intelligence than we once believed.

The Wisdom of Your Cells: How Your Beliefs Control Your Biology Bruce H. Lipton ISBN: 9781591795223  
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life. Through the action of the cell membrane we can actually control our genes, our biology and our life and we have  
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his groundbreaking book *The Biology of Belief*, Dr. Bruce Lipton outlined the evidence that our thoughts are just as  
important as our genes in controlling our health and evolution. As the emerging science of epigenetics shows, our beliefs  
and choices can control our biology down to a cellular level. *The Wisdom of Your Cells : How Your Beliefs Control  
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