What can rewire your brain?

Brain Rewiring · https://www.re-origin.com/support/what-can-rewire-your-brain

Depending on the area of your life you want to utilize neuroplasticity and relearn, practices like visualization, journaling, reframing your thoughts, and music can help you rewire your brain generally. But if you wish to rewire certain functions or aspects of your mind, then a more specific and targeted approach is needed like the one re-origin provides. Whatever method or technique you employ, it is important to note that at the end of the day, it is consistency over time that leads to lasting change.