

A newsletter convincing scientists to try a self-help mindfulness method.

Become A Better Physicist In 20 Minutes With The Poincare Method.

Morning Tim,

Wonder why your colleagues always seem so much more productive, knowledgeable and creative than you? You work just as hard (if not more) than them, so what's the catch?

Now listen to this...

Do you know that guy Poincare? Yes, that famous French mathematician. It's like he had a new revolutionary idea every time he sat on the toilet.

(That's actually not far from reality.)

It turns out he was doing exactly THE OPPOSITE of what most scientists do today....

You see, he worked hard... *and then he didn't.*

Once he squeezed out every bit of brain juice from his head, he went for a walk. Not trying to solve anything, he just wanted to look at the clouds, breathe, chill, and probably smoke some cigars.

Now, by allowing his mind-chatter to quiet down, his unconscious mind took the steering wheel... And BAM, **from silence came insight.**

Look... Here is an analogy.

The conscious mind is like CPU. It can process only one thing at a time. But the unconscious mind is like google - it can't process much, but it can search MASSIVE databases and recommend new unique ideas.

Poincare wasn't the only brainiac in history who activated his "Google brain" by walking. Charles Darwin, Friedrich Nieche and Abraham Lincoln also urged "*every man of intellect*" to take long walks daily.

You see...

Many physicists today already adopted The Poincare Method (more like a way of living).
With this simple mindfulness technique, you will:

- Have better sleep.
- Revert dangerous burnout.
- Slow down the rhythm of life.
- Promote new neural connections.
- Protect your brain from degeneration by oxidating it.
- Enjoy a stress-free life by reducing your amygdala activity.
- Become more productive by sharpening your attention muscles.
- Cultivate your creativity and beat your competition for grant money, position and reputation.

Wanna learn more about the Poincare Method? It's not as simple as "just stop thinking"...

That is why we have made a new mini-course!

It's completely free with no registration required. In just two hours, you will learn how to tap into the present moment and decrease your mind's jibber-jabber.

Visit the www.PoincareMethod.com/mini-course and start cultivating peace and creativity in your life today!

Sincerely,

Mihael D. Čačić

P.S.

Here are some world-class Physicists who practice and recommend the Poincare Method: Dale Newton MIT, Carl Schwab DIP, Forman Doige Oxford, Dale Newton MIT, Carl Schwab DIP, Forman Doige Oxford, Dale Newton MIT, Carl Schwab DIP, Forman Doige Oxford.... and many more.