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By Teresa Aubele; Susan Reynolds

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Train Your Brain. Knowing how you think on the run can improve your workouts and your mood. By Gigi Douban Tuesday, March 3, 2009, 12:00 am

<http://www.runnersworld.com/running-tips/how-to-train-your-brain-for-running>

Review - Train Your Brain to Get Happy - Self-Help -

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http://metapsychology.mentalhelp.net/poc/view_doc.php?type=book&id=6488&cn=399

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<http://www.improbable.com/2015/06/25/books-to-train-your-brain-to-suchandsuch-or-thisandthat/>

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http://www.iguana-project.eu/wp-content/uploads/2014/05/Optimism_and_Happiness.pdf

Prime Your Gray Cells | Psychology Today -

Prime Your Gray Cells: Wiring your brain for happiness and success, by Teresa Aubele, Ph.D., and Susan Reynolds. Happy Brain, Happy Life

<https://www.psychologytoday.com/blog/prime-your-gray-cells>

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<http://gizmodo.com/train-your-brain-to-get-smarter-faster-1541936973>

Train Your Brain to Focus - HBR -

Paul Hammerness, MD, and Margaret Moore are the authors of Organize Your Life, Organize Your Mind (Harlequin). Hammerness is an assistant professor of psychiatry at <https://hbr.org/2012/01/train-your-brain-to-focus/>

Train Your Brain to Get Happy - Teresa Aubele -

Train Your Brain to Get Happy The Simple Program That Primes Your Grey Cells for Joy, Optimism, Train Your Brain to Get Rich Teresa Aubele Phd, <http://www.bokus.com/bok/9781440526688/train-your-brain-to-get-happy/>

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Train your brain to get happy : the simple program that primes your gray cells for joy, optimism, and serenity. [Teresa Aubele; Aubele, Teresa. Train your brain <http://www.worldcat.org/title/train-your-brain-to-get-happy-the-simple-program-that-primers-your-gray-cells-for-joy-optimism-and-serenity/oclc/872668057>

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Teresa Aubele | Florida State University | -

by Teresa Aubele, Ph.D., and Susan Reynolds Teresa Aubele <http://www.zoominfo.com/p/Teresa-Aubele/1643710311>

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Train Your Brain to Get Happy | Psych Central -

Train Your Brain to Get Happy, by neuroscientist Teresa Aubele, Train Your Brain to Get Happy: The Simple Program that Primes Your Grey Cells for Joy, Optimism, <http://psychcentral.com/lib/train-your-brain-to-get-happy/>

Train Your Brain to Get Rich: The Simple Program -

Cells for Wealth, Prosperity, and Financial Security by Train Your Brain to Get Happy: The Simple Program That Primes Your Grey Cells for Joy, Optimism, <http://www.alibris.com/Train-Your-Brain-to-Get-Rich-The-Simple-Program-That-Primes-Your-Gray-Cells-for-Wealth-Prosperity-and-Financial-Security-Teresa-Aubele/book/17743520>

Teresa Aubele (Author of Train Your Brain to Get -

Teresa Aubele is the author of Train Your Brain to Get Happy (3.77 avg 7 reviews, published 2011) and Train Your Brain to Get Rich (3 Teresa Aubele s http://www.goodreads.com/author/show/4872286.Teresa_Aubele

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Susan Reynolds | Psychology Today -

She is a coauthor of Train Your Brain to Get Happy, The Simple Program That Primes Your Grey Cells for by Teresa Aubele, Stan Wenck, Susan Reynolds. Adams Media. <http://www.psychologytoday.com/experts/susan-reynolds>

Book Review: Train Your Brain to Get Thin | Fit -

FBG Jenn reads Train Your Brain to Get Thin and shares her review of it! <http://fitbottomedgirls.com/2013/08/book-review-train-your-brain-to-get-thin-and-a-giveaway/>

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My Mom Is My Hero: Tributes to the Women Who Gave -

Train Your Brain to Get Happy: The Simple Program That Primes Your Grey Cells for Joy, Optimism, and Serenity (Paperback) ~ Teresa Aubele Phd:

<http://www.tower.com/my-mom-is-hero-tributes-women-who-susan-reynolds-paperback/wapi/112485246>

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Train Your Brain to Get Happy The Simple Program that Primes Your Gray Cells for Joy, Optimism, and 9789833832583 . Author: Stan Wenck, Susan Reynolds, Teresa Aubele.

<http://www.aqpublications.com/book/train-your-brain-to-get-happy/>

Brain, Mind and Consciousness - Magus Books & -

Train Your Brain To Get Happy - The Simple Program That Primes Your Grey Cells For Joy, Optimism & Serenity. Aubele, Teresa; Wenck, Stan; Reynolds, Susan. Item #:

<http://www.magusbooks.com/category/Mind-Consciousness>

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