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| [how coaching works](http://www.youtube.com/watch?v=UY75MQte4RU) |

[Amygdala and Anxiety](http://youtu.be/6GdALwuYtG8)

[Amygdala Hijack](http://youtu.be/A0VOgGPUtRI)

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| [Structure and Functions of the Brain](http://youtu.be/HVGlfcP3ATI) |

[Daniel Amen - MD](http://youtu.be/3tI1UEPrYkE)

[A sample session with David Rock](http://youtu.be/LY-KUovIq3s)

[David Rock - Moments of Insight](http://youtu.be/47SL7YhNcZE)