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## DATE YOUR BRAIN

Online courses for basic understanding and tools for subconscious rewiring. As a result eliminating emotional distress reactions.

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### Details

**Ages:** Adults

**Races:** All

**Intake Process:** Online Application

**Documentation:** Photo identification

**Payment Options:** Donation Free

**Waiting List:** Never

**Minimum Age:** 18

**Maximum Age:** 99

**Contact:** RENEE O Thomas

**Contact Email:** DIYMENTALBOOST@GMAIL.COM

**Capacity:** Las Cruces

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### Services

Community Services

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### Locations

#### Diy Mental Boost

*10990 Bataan Memorial E*

*Las Cruces, NM 88011*

**Phone:** (575) 201-3679

**Languages Spoken:** English

**Services Limited By Geography:** NO

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### Parent Organization

#### Diy Mental Boost

My name is Renee, I raise awareness to how well the brain was designed to navigate any situation in life.  
There are EASIER AND BETTER SELF-HELP WAYS to sustain emotional and physical health.

Like many, as an adult I believed that feeling stressed or sick, dealing with anxiety or worry was just a part of being human. Yet, the brain has a built-in amazing feature that is unconsciously used by most to create emotional distress instead of mental bliss.

The science of it is called [NEUROPLASTICITY](#). A free resource for the community.

*10990 Bataan Memorial E  
Las Cruces, NM 88011*

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***Type:*** Forprofit

***EIN:*** 585452360

<http://diymentalboost.com>