







# How to Develop Whole Brain Thinking for a Better Life

Hi, I'm Rob. My journey with Whole Brain Living Coaching began over two years ago, and it has truly transformed my life. This approach has allowed me to reconnect with myself and others on a deeper level while achieving clarity, playfulness, and balance in my daily life. Working alongside Dr. Jill Bolte Taylor, I've seen how this groundbreaking material can revolutionize schools, justice systems, mental health practices, and wellness programs.

Through this method, I've healed my relationship with my wife, Alice, discovered a more playful side with my grandchildren, and achieved incredible milestones, like summiting Mt. Kilimanjaro. These experiences have inspired me to share this life-changing process with others.

The  
Four Characters: Your Inner Team

One of the most enlightening aspects of this approach is learning to [meet your 4 characters](#). These are the distinct parts of your brain that shape how you think, feel, and respond. By identifying and integrating these characters, you can achieve balance and harmony in your life.

This knowledge has been pivotal in helping me understand my inner world. It's like meeting the "We Inside of Me." I've learned how to honor each character's role, leading to better decision-making, improved relationships, and enhanced emotional resilience.

Why  
Whole Brain Thinking Matters

Discover [how to develop whole brain thinking](#) to unlock your full potential and live a balanced, fulfilling life. Developing whole brain thinking is a game-changer. This

