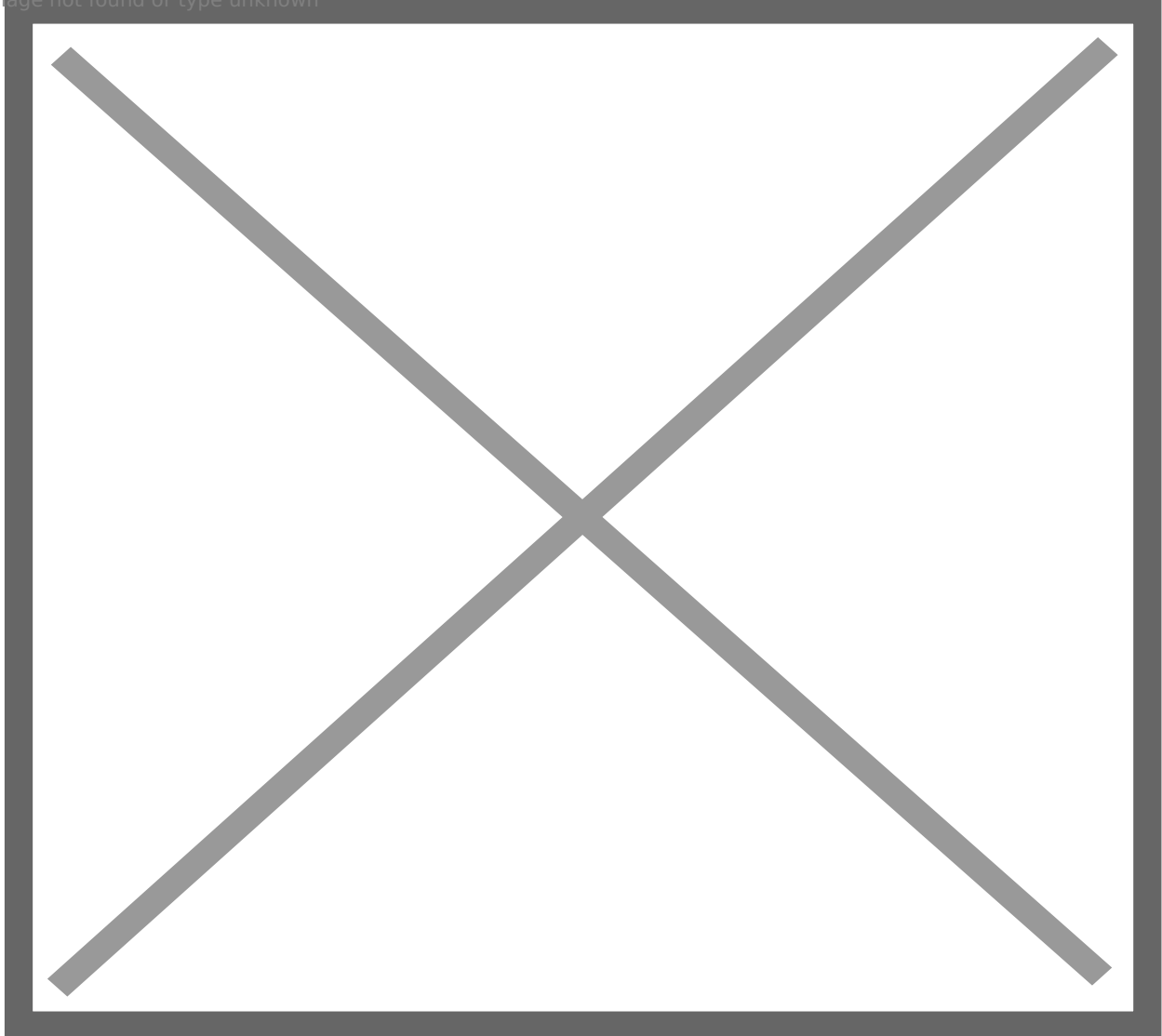


# Our Minds Are Physical: Reframing Your Reality

Post by "Don" of July 28, 2022 at 7:00 PM

Image not found or type unknown



## [Hidden Brain Podcast](#)

Hidden Brain explores the unconscious patterns that drive human behavior and questions that lie at the heart of our complex and changing world. Our work, led...

[hiddenbrain.org](https://www.hiddenbrain.org)

If anyone needed proof that our mind is inextricably linked to our physical body (and therefore physical itself), check out both the recent *Reframing Your Reality* episodes, part 1 and 2, of the *Hidden Brain* podcast. Fascinating stuff!

<https://www.epicureanfriends.com/thread/2613-our-minds-are-physical-reframing-your-reality/?postID=19101#post19101>