

Daily NeuroNudges™

Volume 1



Daily inspirational and affirmational nudges for self-esteem and success

Experience Your



G. Keith Engelhardt A.S., B.A., MYT

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\$9.97

Reviews

It came to me at the perfect time, no earlier and no later. As I read through each excerpt, I became more eager to get to the next. Such powerful messages that gave me a sense of clarity and peace. Taking time each day to reflect on these messages is a very important and fundamental way to a more peaceful mind.

– Christina (Rivers) Jaramillo (Executive Director at Music Sports League)

The combination photos/illustrations and sayings/words packs quite an awakening to the heart of a life well lived!

– Dr. Steven McConnell PhD

We could all benefit from some reflective inspiration, and these pages gave me just that. The amazing images inspire me, while the words and quotes help me reflect on life and focus my thoughts. I know these are called

Daily NeuroNudges™

"Daily" NeuroNudges, but I am struggling to only read one each day."

– Frank Shapiro (Author of “Dealing with Fame”, and several other books.)

In a world seemingly filled with chaos and noise, the NeuroNudges collection of books stands as a serene oasis of inspiration and self-discovery. The combination of beautiful color images, profound questions of self-inquiry and words of wisdom is a breath of fresh air, inviting readers to pause, reflect, and find strength and serenity within themselves.

The book's daily nudges gently guide us towards a higher sense of self awareness, helping the reader to not only acknowledge both unconscious blocks, but their life liberating power within. They're like friendly reminders that, even in challenging times, the conscious decision to thrive is our birthright.

The overall theme here is empowerment and inner freedom, and the nudges are incredibly effective for inspiring self-reflection and jump starting our own

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motivation. I wholeheartedly recommend this book to anyone seeking a daily dose of positive energy on our unique journey of personal growth and spiritual awakening.

– Charles Rentz (Author of “Archives of Awakening: A Loving Invitation to Look Within” and “Changing the World Without Money or God: A Mindful Journey into Consciousness and Free Thought”)

I love your book. It's a spoon feeding of the subconscious and an affirmation of the soul. – Steve Barton (Author of “The Father, the Son, and the Aha Moment: Tools for Helping You and Your Child Develop a Path to Happiness”)

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Inspirational and affirmational nudges
paired with remarkable images to
promote self-esteem and success.

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Daily NeuroNudges™

Daily NeuroNudges™ (Volume 1): Daily Inspirational and Affirmational Nudges for Self-Esteem and Success.

What if real transformation didn't require a two-hour morning routine — just sixty seconds and the willingness to ask yourself one honest question?

In Daily NeuroNudges, G. Keith Engelhardt, A.S., B.A., MYT, distills years of work in neuroscience-informed wellness and NeuroYoga into a year's worth of bite-sized daily reflections designed to rewire the way you think, feel, and show up in your life. Each entry pairs a short insight — grounded in how the brain actually works — with a probing question and a striking, meditative image, creating a ritual you can return to every single day.

This isn't another self-help book stacked with theory you'll never apply. It's a practical companion for the moments that matter most: the instant before your inner critic takes over, the pause before old habits kick in, the breath before you choose fear over curiosity. Engelhardt gently challenges readers to notice their patterns — the

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bridges they won't burn, the wells they keep returning to, the storms they mistake for disasters — and offers a path toward self-compassion, resilience, and quiet confidence instead.

Drawing on brain science around the amygdala's fear response, the prefrontal cortex's role in change, and the power of silence and presence, each "nudge" is short enough to read in a coffee break yet substantial enough to shift your entire day. Whether you're navigating a career pivot, working through anxiety, rebuilding self-esteem, or simply craving more intention in daily life, this book meets you exactly where you are.

As fellow author Steve Barton puts it: "I love your book. It's a spoon feeding of the subconscious and an affirmation of the soul." Perfect for morning journaling, midday resets, or evening reflection,

Daily NeuroNudges is less a book to finish and more a practice to live inside — one small, powerful nudge at a time.

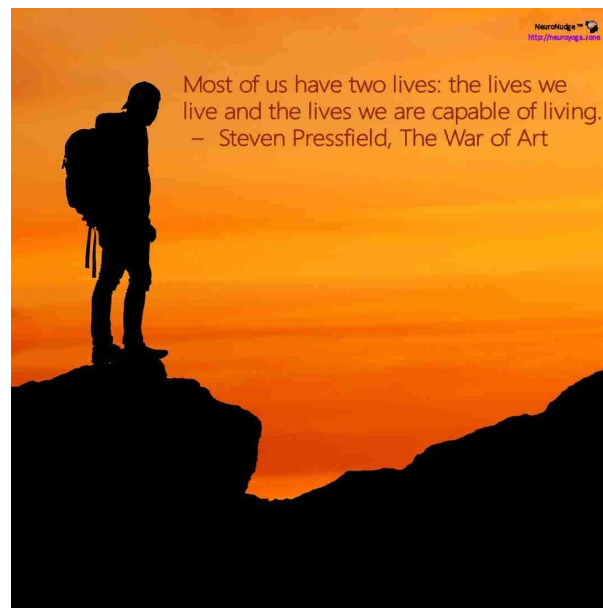
Daily NeuroNudges™

Open to any page. Apply the NeuroNudge and let today
be a little different.



"Here is the test to find whether your mission on Earth is finished: if you're alive, it isn't."
— Richard Bach

What is the next stage of your life mission? What amazing step will you move into manifestation of that mission?



It's the life, I believe, that we all deeply desire. It's the life that we know exists somewhere deep inside us that we wish we could actualize. The you who shows up with your best stuff, making things

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happen, making a difference, living a life of
significance.



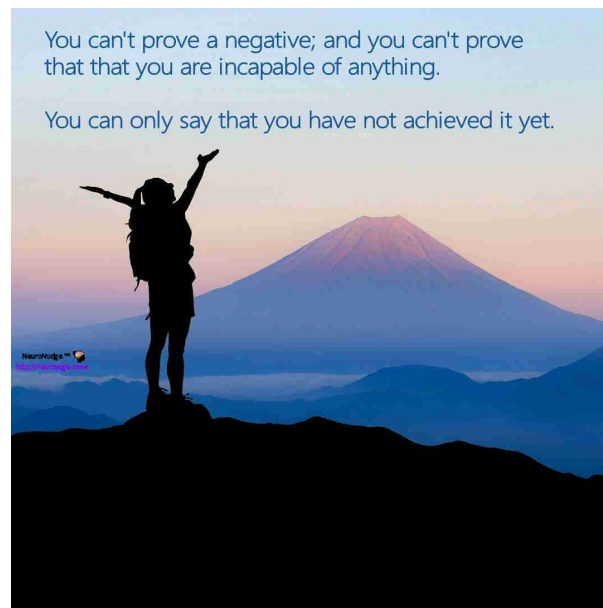
What seeds will you plant?

What ideas or relationships will you pollinate?

"Have one basic, true belief: You have not yet reached
the limit of what you are capable."
– Joseph O'Connor



What limit(s) will you stretch today?



Do not rush to decide what is possible or not possible. Avoid mistaking current competence for your belief of possibility. You can't know your limits until you test them and reach them.