

ST. PAUL, MN, September 16, 2013 **/24-7PressRelease/** -- Dana Wilde, entrepreneur and trusted brain training authority launched her book, Train Your Brain, reaching the Amazon's Top 100 Book List in less than 24-hours. The method of business-growth training explained in the book is the same principles recently used by record-breaking endurance swimmer Diana Nyad.

After completing her 53-hour swim from Cuba to Florida, Nyad attributed her success to one part of her body - the mind. Using the exact same theory of mantras and brainpower, Dana Wilde created the Train Your Brain training system. In less than 19 months, Dana built two businesses that reached the million-dollar mark using this "brain training" by leveraging the power of having the right mindset. In the book, Dana provides easy to follow steps and experiments that every entrepreneur can apply to their own business.

"By making small changes in the way you think — thinking in new and more constructive ways — you can literally Train Your Brain to control every aspect of your life." - states Wilde.

Originally created as a tool for training her party plan team, which broke company records in growth and sales, Train Your Brain was developed into a 6-part CD series and is now available in her secret and system revealing book "Train Your Brain: How To Build a Million Dollar Business in Record Time."

About Dana Wilde Dana Wilder is the founder and CEO of The Mind Aware, an organization that delivers expert personal and professional development through audios, books, live trainings, joint venture relationships, and radio interviews. Dana was named one of the top 50 most powerful and most influential people in Direct Selling and Network Marketing by Direct Selling Live. In addition to developing The Mind Aware Interview Series heard by hundreds of thousands of small business professionals worldwide, Dana is the host of her own radio show, syndicated in top markets across America - The Mind Aware Show.

Dana's background includes becoming a published author at the age of 23, an on-air guest host for the Tokyo Shopping Network and she is the winner of two Telly awards for writing and producing.

For more information about Dana Wilde please visit <http://www.danawilde.com>. If you would like more information about the book, Train Your Brain, please visit <http://www.TrainYourBrainBooks.com> or contact Desiree Wolfe at 702.538.0160, desireewolfe@danawilde.com