

What Neurofeedback Is Doing For My Success

Training your brain with neurofeedback builds its architecture into a better place to live. Like others who have undertaken this process, you may be able to check all of the following:

- ✓ I'm making better decisions.
- ✓ My work is going more easily.
- ✓ I'm in my comfort zone more.
- ✓ I have a strong sense of self.
- ✓ My focus and concentration are improving.
- ✓ My mind has fewer distracting thoughts.
- ✓ I'm less dependent on outside approval.
- ✓ I'm coming up with better ideas.
- ✓ I'm more optimistic.
- ✓ I rebound from negative events.
- ✓ I'm better at reading a situation.
- ✓ Working with others is smoother.
- ✓ I'm having more insights.
- ✓ I'm coping with stress better.
- ✓ I'm handling difficult people better.
- ✓ My mood has generally improved.

Studies confirm a biological basis for these benefits.

For more information, visit our website:

www.LoraLonsberry.com

or call our office in Kalispell

406 752 6634