



Biofeedback for the Brain: How Neurotherapy Effectively Treats Depression, ADHD, Autism, and More

Paul G. Swingle

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Neurofeedback is a cutting-edge, drug-free therapeutic technique used by over a thousand licensed therapists in North America to treat a range of conditions from attention deficit and hyperactivity disorders to epilepsy, stroke, anxiety, migraine, and depression. First popularized in the 1970s, this naturalistic method is based on the idea that we can control our brain activity and that, through training, the brain can learn to modify its own electrical patterns for more efficient processing or to overcome various states of dysfunction.

In *Biofeedback for the Brain*, Dr. Paul G. Swingle describes in clear and coherent language how these procedures work. With numerous actual case examples, readers follow the progress of clients from the initial “brain map” that shows the location and severity of the neurological abnormalities to the various stages of treatment. Conditions often considered untreatable by conventional health practitioners respond positively to neurotherapeutic treatment and Swingle describes many of these remarkable recoveries. Other chapters describe the use of neurotherapy for a variety of surprising purposes, including performance training for elite athletes, of which the most famous example is the Italian soccer team who considered the technique to be their “secret weapon” in attaining a World Cup victory.

Despite wide-ranging success stories and the endorsement of the American Psychological Association, many health care practitioners remain skeptical of neurofeedback and the procedures are still not well-known by the public or conventional health care providers. This book provides a thorough, definitive, and highly readable presentation of this remarkable health care alternative that offers millions of individuals a chance for healing.

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Spent a free the perfect time to be fun activity to do! A lot of people spent their spare time with their family, or all their friends. Usually they accomplishing activity like watching television, likely to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? Can be reading a book could be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the reserve untitled Biofeedback for the Brain: How Neurotherapy Effectively Treats Depression, ADHD, Autism, and More can be very good book to read. May be it might be best activity to you.

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