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Neurofeedback Solution: How to Effectively Treat Autism, ADHD, Anxiety, Brain Injury, Stroke, PTSD, and More

By Stephen Larsen

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Neurofeedback Solution: How to Effectively Treat Autism, ADHD, Anxiety, Brain Injury, Stroke, PTSD, and More, Stephen Larsen, A guide to neurofeedback for better physical and mental health as well as greater emotional balance, cognitive agility, and creativity - Provides easy-to-understand explanations of different neurofeedback methods--from the LENS technique to Z-score training - Explains the benefits of this therapy for anxiety, depression, autism, ADHD, post-traumatic stress disorder, obsessive-compulsive disorder, brain injuries, stroke, Alzheimer's, and many other ailments - Explores how to combine neurofeedback with breathwork, mindfulness, meditation, and attention-control exercises such as Open Focus What is neurofeedback? How does it work? And how can it help me or my family? In this guide to neurofeedback, psychologist and neurofeedback clinician Stephen Larsen examines the countless benefits of neurofeedback for diagnosing and treating many of the most debilitating and now pervasive psychological and neurological ailments, including autism, ADHD, anxiety, depression, stroke, brain injury, obsessive-compulsive disorder, and post-traumatic stress disorder. Surveying the work of neurofeedback pioneers, Larsen explains the techniques and advantages of different neurofeedback methods--from the LENS technique and HEG to Z-score training and Slow Cortical Potentials. He reveals evidence of neuronlasticity--the...

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