



# PEAK BRAINHAPPINESS TRAINER

**A New Study Confirms Its Speed and Effectiveness  
for Ameliorating Attention and Behavior Problems!**

## **Clearer Feedback Improves Attention Span**

*"The addictive nature of web browsing can leave you with an attention span of nine seconds - the same as a goldfish." From a BBC News Article*

The Peak Achievement Trainer clearly measures and displays two main dimensions of mental processing: Focus and Alertness. Our premium product, the Peak BrainHappiness Trainer, adds Neureka!, which measures the brain's system for processing new learning. Neureka! training improves memory, reaction time, and a variety of positive feelings.

The American Academy of Pediatrics' rating system, "Evidence-based Child and Adolescent Psycho-social Interventions" has just elevated biofeedback to "Level 1 - Best Support" as an intervention for Attention and Behavior Problems.

Previous research demonstrated that the 23 top executives of a Fortune 500 company doubled their attention span in 5 sessions of Focus training.



A study recently published in Clinical EEG and Neuroscience and the Bulletin of Siberian Medicine showed that this leading-edge brainwave biofeedback instrument helped subjects with attention and behavior problems improve their overall attention over 18% in just 12 sessions of 25 minutes each. The study showed some remarkable changes in attention (IVA scores) in 5 hours of Focus and Alertness training. Furthermore, there were clear improvements in lethargy, hyperactivity, and inappropriate speech. All of these were significant at  $p < .05$  or better, which is extraordinary for such a short training period.

There were also very highly significant ( $p < .001$ ) increases in the Focus measure, as well as in EEG measures such as decreased delta, theta, theta/alpha and theta/beta ratio, which may indicate progress in training attention.

*Another benefit of Peak BrainHappiness Training may be enhanced long-term health and success. Subjects*

*in another study who were trained to improve Neureka!, became over 30% happier and remained at that level, effortlessly, for at least 4 months. Many studies show a clear link between current happiness and future health and success. Their memory also improved very significantly in just 12 sessions.*

This complete, easy to use Peak BrainHappiness Trainer package includes everything needed--except a Windows PC--to do neurovideofeedback™ for Focus, Alertness, or Neureka!. No licensing or certification is necessary. The centerpiece is a wireless brainwave analyzer that transmits the information to a receiver that attaches to a personal computer. The Trainer also includes:

- A SensorBand - a washable headband with moist sponge electrodes.
- The BioExplorer-based biofeedback software system and copy protection HASP.
- Three exclusive protocols that train Focus, Alertness, and Neureka! with 70 different display screens, using various combinations to control audio and video feedback.
- Four Training Videos and two Manuals totaling over 170 pages that make it easy for your staff to learn to train.
- A Quick Guide to Performing Peak Achievement and BrainHappiness Sessions.
- One year of support and program updates.

**The Trainer is far simpler to use than other neurofeedback or brainwave (EEG) biofeedback instruments, and far more accurate.** Most systems take at least several sessions under the guidance of a professional to reach the control that can be achieved in just minutes with our patented, proprietary protocols. There is no need to figure out how to create and use neurofeedback designs and displays, saving so much valuable time and frustration that any price difference pales in comparison.

For more information or to order, visit <http://www.peakachievement.com> or call 800-886-4228 or 502-228-0605. Affiliates and distributors are invited.

**Peak Achievement Training, 1103 Hollendale, Goshen, KY 40026**

The Peak BrainHappiness Trainer is an educational instrument.  
It is not intended to treat or diagnose any disease or disorder.

