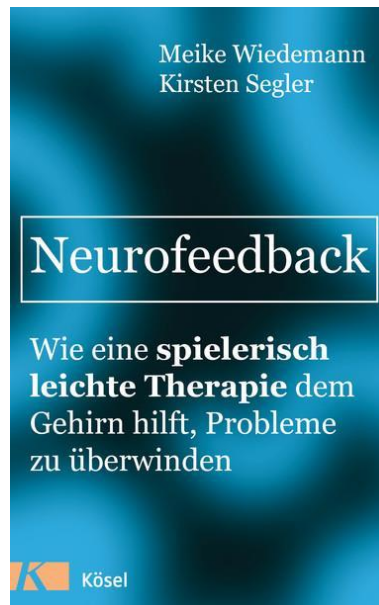


Improved brain function for all ages



Privatdozent Dr. Meike Wiedemann, Kirsten Segler

Neurofeedback

[Neurofeedback]

How a playfully easy therapy helps the brain overcome problems

Kösel Sach-/Fachbuch

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Meike Wiedemann is a neurobiologist, natural-health practitioner, hypnosis therapist and lecturer for bio- and neurofeedback at the University of Stuttgart-Hohenheim. She has her own practice and trains therapists in the use of neurofeedback methods.

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Neurofeedback playfully helps the brain to regulate itself better and we can all profit from it. It is particularly helpful in improving wellbeing in the case of a wide range of afflictions such as migraine, sleep and concentration disorders, ADHD, emotional disorders and traumata – all without the patient's own past needing a detailed examination.

Meike Wiedemann and Kirsten Segler intelligibly explain how neurofeedback works and is put into practice. Numerous case studies demonstrate the manifold possible applications. A fascinating introduction to a promising therapy method, effective and without any side effects.

- For ADHD, autism, depression, angst and psychological injury
- With a large self-test and numerous practical tips