

WE'RE HERE TO HELP

As a way to give back during this time of global fear and uncertainty, Advanced Brain Technologies is waiving the \$99 cost of its introductory TLP Shift60 program through June 30, 2020. TLP Shift60 is a two-month protocol of music listening therapy to guide listeners closer to feeling centered, calm, focused, and overall connected in just 15-minutes per day.



TLP Shift60 is for people of all ages. Some of the benefits include:

Stress & Well-Being

For many people, the COVID-19 pandemic has induced an intense “fight-or-flight” response, sweeping away a sense of well-being as the body’s stress response is activated.

What to Expect:

- Stress reduction
- Immunity boost
- Improved resilience
- Enhanced brain function
- Reset fight/flight fear response
- Promote peace and balance
- Improved energy levels

Academic Performance

Now, students are being instructed at home. Self-awareness, memory, focus and mental flexibility are all necessary. The Listening Program promotes learning by stimulating multiple areas of the brain with scientifically designed music.

Examples:

- Concentration & Attention
- Sustained Focus
- Study Skills
- Memory
- Organization
- Time Management & prioritization
- Generalizing knowledge when facing new situations

5 Easy Steps to Get Started Now!

1. Go to <https://adbn.co/TLP60>
2. Click on “Sign Up” for Shift60 for FREE
3. Enter the Member Information
4. Click “Next”
5. Plug in your headphones and instantly enjoy your first 15-minutes of TLP Shift60!

For questions or support call us at 801-622-5676
or email info@advancedbrain.com

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Now is the time to get back to basics, practice self-care, and find calm amidst the chaos. The Listening Program® is a useful tool for brain wellness.

Alex Doman, Founder of Advanced Brain Technologies