



# Neurofeedback: Transforming Your Life with Brain Biofeedback

*Clare Albright*

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# Neurofeedback: Transforming Your Life with Brain Biofeedback

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## **Neurofeedback: Transforming Your Life with Brain Biofeedback** Clare Albright

Dr. Clare Albright has taken what can often be a complex subject-neurofeedback- and described it in a way that not only makes it easy for anyone to understand, but shows you how you can use brain biofeedback to make ADD/ADHD a thing of the past.

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