

The Secret to a Better Life... *It's ALL in Your Head!*

By Angi Covington

"I call it a miracle. My girlfriend suffered from horrible anxiety for over forty years due to a traumatic childhood. To make a long story short, she lost her dream job and I was unable to get her out of bed for three weeks. Unsure what to do and just short of calling her parents to come get her, I met a woman named Angi Covington while out making sales calls for my business. She told me what she does and I asked how it worked with anxiety. She said it worked well and to bring my girlfriend in for a 20 minute sample session. I went home, got her out of bed, dressed her and took her Angi's office. The change was immediate. On the way home she asked to go to a festival that evening (my head spun). And the following day she wanted to go to a local pool. We went to both and had a great time! After 10 sessions, her anxiety is gone and the nighttime foot shaking for forty years has stopped too. She is off her medications and lost 25 pounds without even trying."

-T.H., Las Vegas business owner

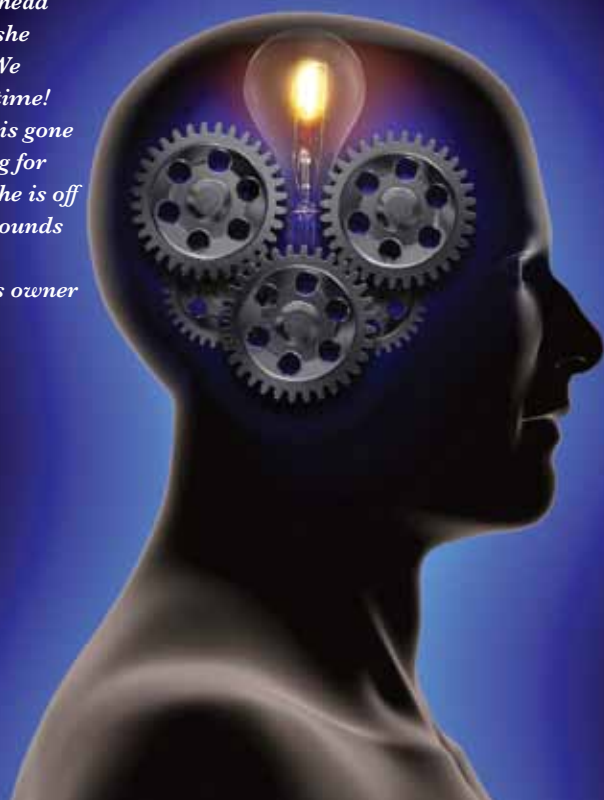
So what is this pain free solution that seems to help with everything from depression and weight loss to insomnia and grief? It all starts with your brain.

The technology that Art of Attunement uses lets the brain take the lead. The brain has the ability to change and optimize itself, thus helping people with varying symptoms or complaints. The process begins by reading brainwave

energy using EEG technology. The brain's activity data is converted to sound.

During a brain training session, those sounds being created by the brain are played through headphones. The brain uses these sounds much the same way we use a mirror. Once the brain "sees" its imbalances, it begins working to restore balanced performance. While similar to neurofeedback, it is quite different in one way. In neurofeedback, brain data is collected and sent to an interpretation center. There, the data is referenced and compared to brain activity that is considered normal. Then musical protocols (designed to force or push brain performance to match those pre-determined norms) are played through headphones. Rather than pushing the brain to a norm, we use a calibration and equalization approach that meets the needs of each individual brain.

The results are much faster using this individualized approach. Benefits vary and have included: reduced anxiousness, restful sleep, happier outlook, better ability to cope, PTSD relief, sense of calm, increased motivation, pain and migraine relief, focus (ADD-ADHD), grief processing, improved athletic performance, increased cognition, weight loss and clarity.



Angi Covington is an author and professional speaker, who has been a lifelong student of human behavior. She is a member of Mensa and has been recognized for her achievements in corporate America.

After leaving the business world, she went in search of the keys to Ultimate Happiness. She read hundreds of books on everything from the brain to spirituality. Along her new path she was introduced to Brainwave Optimization with RTB by a friend. Using this system since 2008, Covington and the Art of Attunement team have helped people with sleep, anxiety, depression, focus, addictions, PTSD, clarity, athletic performance and physical or emotional trauma.

In her spare time she's volunteered at Nevada prisons teaching a class based on her book, "7 Course Meal for the Soul." Working with inmates is a true passion for Covington. "The transformation that takes place in these individuals over a seven week period is nothing short of amazing. I am so blessed to witness their growth."