

# Anxiety is Unnecessary!

Replace tension with peace in your life.



**Gary Ames**

*Licensed Psychologist*

**Specializing in Neurofeedback**

**Brain wave biofeedback training  
develops your natural serenity.**

**My clients get off medication for anxiety,  
depression, insomnia, and attention deficit  
because we heal the problem at the source in  
the brain for life! Feel calmer all the time.**

It's fun. You sit and watch a movie on DVD  
wearing brain wave sensors. The movie dims  
and brightens based on your brain wave  
patterns so you can learn how to be both  
focused and calm.

097335

**28 Rock Hill Road  
Bala Cynwyd**

**610.668.3223**  
**www.AlertFocus.com**