



Gary Ames

Licensed Psychologist

Anxiety? Stressed out?

Stress and anxiety are not fun. An over excited nervous system saps your life. I can show you the busy brainwaves you have when you are nervous. I will show you how you can calm them down. You will see and learn how to change anxiety into calm. I enable self-brain exercise for emotional calm and mental focus. You can learn to experience an anxiety free state in the first session.

**Pleasant, safe, effective, enduring.
Heal your brain, change your life.**

Insurance accepted

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