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- alleviate depression, anxiety, and ADD
- reduce stress-related chronic pain
- optimize mental and physical performance

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-

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The Open-Focus Brain features eight essential attention exercises for improving health. Dr. Fehmi writes, “ Everyone has the ability to heal their nervous systems, to dissolve their pain, to slow down and yet accomplish more, to experience the deeper side of life - in short, to change their lives for the better dramatically. ”

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