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Biofeedback: An Introduction for Consumers

David Phelan

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Thousands of people are using biofeedback as a safe, non-drug treatment for high blood pressure, headaches, chronic pain, stress, ADD/HD, anxiety, depression, and much more. Athletes, musicians, students, and executives use biofeedback to help improve performance. This book explains what biofeedback is and how it works. It is written for anyone who is considering biofeedback and is asking, “Is it right for me?” Topics include: What systems can be improved: breathing, heart rate, muscle tension, brain activity, and so on How these systems are related to physical health, mental health, and peak performance What to expect before, during, and after sessions How to get the best results with biofeedback How to find the biofeedback practitioner who is right for you

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