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**FOR IMMEDIATE RELEASE**

**Author Says You Can Shake Away Your Stress for Total Rejuvenation**

BEST Life Media publishes *Brain Wave Vibration: Getting Back into the Rhythm of a Happy, Healthy Life*, a new book by Ilchi Lee

Stress management is the name of the game in natural health today. This one factor—stress—has been clearly linked to all the major health problems experienced today, including heart disease, high blood pressure, cancer, and stroke. In his new book, *Brain Wave Vibration*, Ilchi Lee makes the bold assertion that we should stop looking at the world around us and start looking inside ourselves for the solution to the stress epidemic.

Ilchi Lee contends that it is our brain waves that create the stress response in our bodies, and it is only through controlling our brain waves that we can return our bodies to vibrant health. For that purpose he offers a very simple and highly effective exercise called Brain Wave Vibration. The method involves rhythmic, vibratory movement of the body. This shaking exercise deeply relaxes the mind and body, producing brain waves that are conducive to complete health and wellbeing. During practice, people are able to quiet the constant chatter of the prefrontal cortex, the thinking part of brain, which allows the brain stem to go about the business of creating equilibrium in the body.

Lee also makes the case that brain waves are integral to the overall condition of our lives. Healthy brain waves, he claims, can lead to healthier relationships and attitudes that affect every aspect of our lives. The repetitive shaking method functions as a dynamic, moving meditation method that is far easier and more accessible than most traditional meditation practices.

Lee, author of over thirty books and creator of the Brain Education method, created Brain Wave Vibration during his three decade search for effective means of natural health maintenance. The method is already in use at many Dahn Yoga Centers, and stories of transformation from many of these practitioners are included in the book. A collection of music called *Music for Brain Wave Vibration* has also been released for use along with the book.

**Brain Wave Vibration (Book)**

Author: Ilchi Lee  
Publication Date: June 1, 2008  
ISBN-13: 978-1-935127-00-0  
Paperback, 192 pages, \$14.00  
Distribution: Baker & Taylor/ New Leaf

**Music for Brain Wave Vibration (CD)**

Artist: Various  
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