

“Brain Wave Vibration incorporates movement, music and meditation to increase fitness, general health and wellness, and happiness.... for any one of any age and physical condition.” –FOX News



TO ORDER

Please contact our distributor,
SCB Distributors.

Toll Free: 800-729-6423

Tel: 310-532-9400

Fax: 310-532-7001

E-mail: info@scbdistributors.com

Best Life Media titles are also carried by all major wholesalers nationwide.



BEST Life Media

6560 Highway 179, Suite 114
Sedona, AZ 86351

Tel. 928-204-1106 Fax. 928-282-8467

www.bestlifemedia.com.

ABOUT THE BOOK

You Can Shake Away Your Stress for Total Rejuvenation.

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.

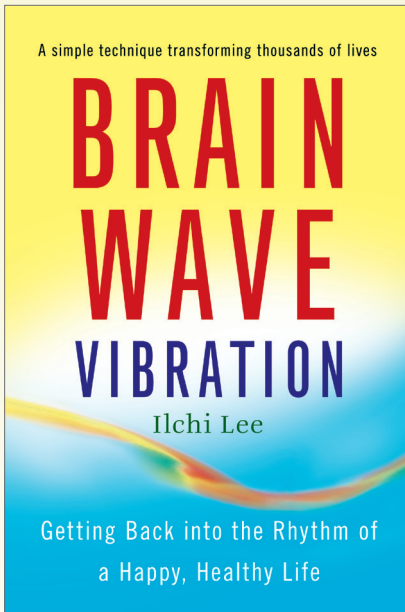
Ilchi Lee contends that it is our brain waves that create the stress response in our bodies, and it is through controlling our brain waves that we can return our bodies to vibrant health. For that purpose he offers a very simple and highly effective exercise called Brain Wave Vibration. The method involves 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 the 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.

The book promotes five goals, guiding readers to:

- 1. Stimulate your natural healing ability**
- 2. Manage your stress effectively**
- 3. Rediscover physical vitality**
- 4. Awaken your creative potential**
- 5. Connect to your highest ideal**

Ilchi 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.



“One of the principles of Brain Wave Vibration is that by changing our brain waves, we are changing them towards this positive attitude that we all aspire to. We are improving our brain function by pushing stress out and good thoughts in.”

—ABC, *Sonoran Living*



BEST Life Media
6560 Highway 179, Suite 114
Sedona, AZ 86351
Tel. 928-204-1106
Fax. 928-282-8467
www.bestlifemedia.com

PRAISE FOR THE BOOK

In his book *Brain Wave Vibration*, Ilchi Lee offers a pioneering and highly ingenious approach to brain health. The book is a unique integration of the holistic tradition of the East and Western scientific insight. Written in an engaging and lively style, it conveys optimism and humanism, as well as some very practical approaches to attaining mental health and balance.

—Elkhonon Goldberg, Ph.D. Clinical Professor of Neurology,
New York University School of Medicine, Author of *The Executive Brain*

This practical and brilliantly written perspective presents a unique lens for reexamining the impact that vibrations have on every aspect of our being. Neuroscience points to the advantageous outcomes that can spring from practicing Brain Wave Vibration. It will vastly improve your life and the lives of any individual in your immediate personal constellation.

—Kenneth Wesson, Ph.D., Brain-based education consultant

Ilchi Lee, a prolific author and humanist, is one of the singular spirits in the contemporary world who combines breadth of knowledge and understanding with compassion, and with optimism in the face of the relentless tragedy of human conduct. *Brain Wave Vibration* presents a unique synthesis of Eastern and Western thought, a readable and highly accessible program of simple training exercises for health and transformation.

—John Gruzelier, Professorial Research Fellow, Goldsmiths,
University of London

The practice of Brain Wave Vibration is a simple way to restore us to the Source and recover the natural flow of life. Ilchi Lee lays out the principles of the energy that moves and is moved by our minds, and returns to the ancient wisdom of the healing power of rhythm.

—Sirena Pellarolo, Ph.D., Associate Professor,
California State University, Northridge

- Featured in AARP Magazine
- Featured in **Sonoran Living Live on ABC TV, AZ**
- Featured in **Sirus Satellite Radio**
- The author hosted a **Brain Art Festival** featuring Brain Wave Vibration at **New York Radio City Music Hall** with an estimated 6,000-person audience. (8.15.2009)

ABOUT THE AUTHOR



ILCHI LEE

President,
University of Brain Education
President,
Korea Institute of Brain Science
President,
International Brain Education
Association

Ilchi Lee has spent several decades investigating ways to develop the potential of the human brain. Through his life-long pursuit of brain-centered training methods and programs, hundreds of thousands of people around the world have achieved the benefits of healthier bodies, improved learning, business success, and personal empowerment.

Ilchi Lee personally has trained and consulted with top business leaders, such as Ju Yung Chung, founder of Hyundai Cooperation and Jong Hyon Chey, founder of SK Corporation. He's taught his method in many parts of the world, including the United States, South Korea, China, Japan, Canada, and the United Kingdom.

The latest result of Ilchi Lee's research and innovation, Brain Education System Training (BEST), aims to help people become the masters of their brains and ultimately of their lives. BEST includes brain-related exercises including Brain Wave Vibration, to increase mind-body coordination, to develop greater openness and flexibility of the mind, and to unleash creative potential from the brain.

With the 4th International Brain Education Conference at the United Nations, New York, June 20, 2008, Brain Education was established as a significant area of knowledge and application for peace and the advancement of the global community of nations.

Ilchi Lee believes that humanity, by focusing on the brain as the final determinant of human consciousness and behavior, will unite people worldwide in creating a peaceful, sustainable way of life.

Ilchi Lee is the author of 32 books, and his work has been widely recognized, both in South Korea and in the international community. Currently, he serves as president of the Korea Institute of Brain Science and the International Brain Education Association. He lives in Sedona, AZ and travels to share his wisdom with the world.

CONTACT

Michela Mangiaracina
BEST Life Media
928-204-1106 x209
michela@bestlifemedia.com



BEST Life Media
6560 Highway 179, Suite 114
Sedona, AZ 86351
Tel. 928-204-1106
Fax. 928-282-8467
www.bestlifemedia.com.