



NEWS

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Quiet your mind and achieve greatness one stitch at a time

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

SEDONA, Ariz., May 30, 2008— When Ilchi Lee fell off a horse years ago and injured his spine, the advice from his doctors was straightforward and simple: Stay in bed. Don't move. However, sitting still was against Lee's nature, so he prescribed his own treatment: focus on moving energy throughout his body with subtle movements—vibrations—that he ultimately credits for allowing him to recover quicker than any doctor predicted.

In the years since his spinal injury, Lee has continued on his course of self-discovery and instruction, focusing primarily on the role the brain plays in promoting physical and spiritual health. He has developed many exercises to maximize brain performance, founded Dahn Yoga and has authored more than 30 books, all designed to help people take control of their mental and physical lives. In his latest book, *Brain Wave Vibration: Getting Back into the Rhythm of a Happy, Healthy Life*, released by BEST Life Media on June 1, 2008, Lee returns to what he considers the most basic exercise that people can engage in to improve their lives—Brain Wave Vibration.

“Most of us have been conditioned to think that the answers to life's problems are complex,” Lee said. “This book is about showing people that everything they need to be healthy, happy and peaceful is already inside of them. It is a tool, an exercise, for creating a life with intention.”

Brain Wave Vibration is a rhythmical training method. Whether it is through head nodding, toe tapping or moving your body to the beat of music, the exercise, which is similar to a meditation, calibrates the brain to get it back in synch with the body. It stimulates health by returning the body to equilibrium.

Lee suggests that Brain Wave Vibration has proven to be so successful with his students because today's health epidemic is stress.

“85 percent of modern people suffer from stress-related illnesses. For these people, the brain is

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bombarded with messages that keep their bodies in a state of alarm,” said Lee. “These messages can be controlled, and the body can be conditioned to respond to them in a healthier way. Brain Wave Vibration is an excellent exercise for doing this.”

Brain Wave Vibration is also about taking charge of your life, quieting the mind to strengthen its connection to the body so that people can find their passion—their purpose.

“I always encourage people to set marvelous goals for themselves. Greatness isn’t bestowed upon people. People have to choose greatness. They have to be persistent in pursuing it. They have to have conviction,” said Lee. “Everything I have achieved in my life happened one stitch at a time.”

Brain Wave Vibration: Getting Back into the Rhythm of a Happy, Healthy Life promotes seven goals, which will guide readers to:

1. Maintain healthier brain waves.
2. Manage their stress.
3. Activate all parts of the brain.
4. Develop positive habits.
5. Create happiness.
6. Restore a healthy energy condition in their body.
7. Expand their awareness of themselves and the universe.

Brain Wave Vibration: Getting Back into the Rhythm of a Happy, Healthy Life is now available for purchase through Amazon.com. For more information about the book and its author, visit www.brainwavevibration.com.

About Ilchi Lee

For the past 25 years, Ilchi Lee has dedicated his life to finding ways to develop the potential of the human brain. Brain Education System Training (BEST), a collection of mind-body training programs that helps to unlock the brain’s true potential, is the primary fruit of his search. The ultimate purpose of brain development, according to Lee, is lasting world peace.

Currently, Lee serves as the president of the University of Brain Education. He is also president of the Korean Institute of Brain Science and chairman of the International Brain Education Association. Lee is the author of 30 books, and his work as a peacemaker and educator has been widely recognized, both in his native Korea and in the international community. For more information, visit www.ilchi.com.

About BEST Life Media

BEST Life Media seeks to produce publications that are both educational and life enhancing. To that end, the company provides resources through which individuals can create healthy, happy and peaceful lives for themselves. For more information, visit www.bestlifemedia.com.

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