

Brain Wave Vibration **Getting Back into the Rhythm** **of a Happy, Health Life**

Author: Ilchi Lee

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Website: www.brainwavevibration.com

MEDIA CONTACT

Michela Mangiaracina

BEST Life Media

928-204-1106 x203

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

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.

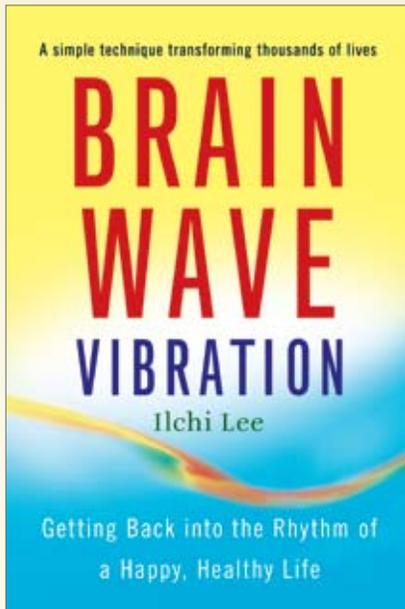
Ilchi Lee contends that it is our brain waves that create the stress response in our bodies, and it is through controlling our brain waves that we can return our bodies to vibrant health. For that purpose he offers a very simple and highly effective exercise called Brain Wave Vibration. The method involves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

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.



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PRAISE FOR THE BOOK

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*

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 dance energy that moves and is moved by our minds, and returns to the ancient wisdom of the healing power of rhythm.

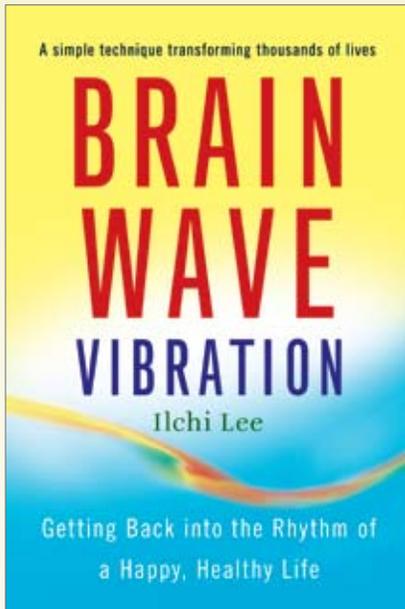
—*Sirena Pellarolo, Ph.D., Associate Professor, California State University, Northridge*

Ilchi Lee describes the method in a way that even a person without prior experience can understand and follow. It also presents a scientific explanation and a philosophical basis for Brain Wave Vibration that a general audience can identify with and comprehend. The book's casual writing style makes it a quick and easy read.

—*Rebecca Cheema, Ed.D, ATC, LAT,
Assistant Professor, Northern Arizona University*

I am happy to have a simple, easy technique that doesn't require a change of clothes, sweating, or a class to practice. It can be used at any time that you need a "resetting" of the brain. I use it when I feel myself getting emotionally caught up in a situation, or when I am beginning a project or interaction that needs a clear mind. In my work, this technique will be easy for my clients to use and add to the other exercises I have assigned them, without feeling overwhelmed.

—*Jeanne Benjamin, MD*



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SUCCESS STORIES

When I started doing Brain Wave Vibration, I wondered if it was just a gimmick. How could something so easy create long-term benefits? After experiencing it just a few times, I changed my opinion. I have experienced surprising improvements in the way I feel. It has helped me manage my chronic pain, increase my energy level, and improve my attitude about life in general. In just a short time, my quality of life has improved, and I know it will continue to improve as I progress in my training.

—Leslie A. Mamalis, Lakewood, CO

I have had high blood pressure for over forty years. Before Brain Wave Vibration my pressure was about 150 over 89. This is while being on three different medications to keep my blood pressure down. My new blood pressure readings have been as low as 106 over 76. This is nothing short of a miracle!

—Ron Cohen, Utica, MI

I'm enjoying the benefits of being calm and relaxed all of the time. My teenagers can't push me over the edge anymore, which is puzzling for them. They are also learning to relax and go with the flow.

—Jean Herman, Utica, MI

I am in my seventies but very healthy. I do all the activities I would like to do. As soon as I wake up in the morning, I start the day with Brain Wave Vibration exercise with my husband. I feel great after sweating a lot from the exercise. Besides, I can experience freedom of my soul through the practice. I will enjoy the blessing of life until the moment I die. I am so thankful that I live as a human.

—Yokoda, Japan

When I began to practice Brain Wave Vibration, I became much more sensitive to other people's energy as well as to my own. I don't know what it is, but I do feel much stronger compassion for and connection to other people now. I am able to share the resonating energy with other people and become one with them.

—Kyung-ae Park, Korea

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, United Kingdom, Canada, and Japan.

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 31 books, and his work has been widely recognized, both in his native 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.

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About the book. Accessible to all, this book teaches the essentials to anyone who wants to become an effective and independent Debian GNU/Linux administrator. It covers all the topics that a competent Linux administrator should master, from the installation and the update of the system, up to the creation of Quotes about Books. Quotes For The Book Lover! Valentina Schindler. Quotes about Books. Etsy. Lemony Snicket book quote print, they say in every library, book lover gift, gifts for kids, nursery art, literary quote, book art. Reading Room, Great Books, Alone, Book Lovers, Great Quotes, Author, Writers, Book Boyfriends, Good Books. Valentina Schindler. Quotes about Books. Etsy. Quotes about Books. 12 Pieces of Advice from the World's Best Writers. Valentina Schindler. Quotes about Books.