



A Symphony in the Brain: The Evolution of the New Brain Wave Biofeedback

Jim Robbins

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A Newly Revised and Expanded Edition

In the decade since Jim Robbins's *A Symphony in the Brain* was first published, the control of our bodies, brains, and minds has taken remarkable leaps. From neurofeedback with functional magnetic resonance imaging equipment, to the use of radio waves, to biofeedback of the heart and breath, and coverage of biofeedback by health insurance plans, the numerous advances have driven the need for a revised edition to this groundbreaking book that traces the fascinating, untold story of the development of biofeedback.

Discovered by a small corps of research scientists, this alternative treatment allows a patient to see real-time measurements of their bodily processes. Its advocates claim biofeedback can treat epilepsy, autism, attention deficit disorder, addictions, and depression with no drugs or side effects; bring patients out of vegetative states, even improve golf scores or an opera singer's voice. But biofeedback has faced battles for acceptance in the conservative medical world despite positive signs that it could revolutionize the way an incredibly diverse range of medical and psychological problems are treated. Offering a wealth of powerful case studies, accessible scientific explanations, and dramatic personal accounts, Robbins remarkable history develops our understanding of this important field.

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