



Duration: 30 minutes

Eyes: gladly open

Headphones:

recommended, but not obligatory

[\[Link\]](#) to the info page with the possibility to listen in

By the way: concentration training is only *one* aspect of this program. In reality, it is about a complete mental workout - in other words, *mental strength training*.

What is special about this program? This megabrain neurostream is used to train the ability to concentrate. Training is called for when these symptoms occur: You read the same sentence for the eighth time; you don't listen properly; you are easily distracted by moods and feelings.

Hyperbrainpower increases the ability to concentrate, sharpens the focus and stabilizes the emotions. It can sometimes even alleviate depression (side effect) or even adult ADHD. This title is one of the most widely used Neurostreams™.

Who is it suitable for? Generally for all mental workers. And people who have concentration problems.

What does this program consist of? Isochronous beats and instrumental background music. The session picks up the waves at approx. 10 Hz and initially lifts them into the SMR range between 12 and 15 Hertz, where they remain for a good half of the time. The waves then march up to 20 Hertz, into a profound Beta range. The listener is released after half an hour at 15 Hertz (SMR).

When to listen? The training is ideal for listening while working, studying or learning!

What to pay attention to when listening? You don't need to pay attention to the music during this concentration training, but rather pay attention to what you are doing - ideally mental work that requires concentration.

When does an effect occur? How can I recognize it? It is very likely that you will experience a certain amount of head pressure or a slight headache, especially during the first few applications. This is a good (!) sign, as it indicates increased blood flow to the thinking apparatus and general neuronal activity. The pressure will dissipate on its own within a short time.

How often should I listen? A maximum of twice a day. Once a day on weekdays. Carry out this concentration training regularly for at least one month.

What can I do wrong? This session is the most intensive mental session in the Neurostreams. So please don't start with it, and don't overdo it. The other big mistake would be to use it only once. Here too, repetition is the key to success.