

[Link to the web store](#)

Duration: only 15 minutes

Eyes: can stay open

Headphones:
recommended, but not
necessary

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

What is special about this program? This program is a "straightforward", simple and clear session to stimulate yourself. With no side effects and completely legal. It goes one step further/higher than "Sturm und Drang" - in German: Pure liveliness accelerates a little more.

Who is it best for? For people who can set aside 15 minutes to puff themselves up on the side while they apply their make-up or tie their tie.

What does this program consist of? Isochronous beats and music. Our stimulus programs start at 15 Hertz, reach 18 Hertz after about five minutes and 20 Hertz at the end of the program.

When to listen? "Pure liveliness" can be inserted at any time when needed. Exception: please do not insert it into the car radio playlist! Otherwise you'll be driving too fast.

How to listen? The great thing about this program is that you don't need headphones or to close your eyes. So you have your eyes and hands free.

What to look out for when listening? Just make sure that you are permanently within the music's range for the 15 minutes and don't keep running into another room. When the "Tran" is liquidated, you've reached your destination.

How many times? As often as you like. Just not before going to bed!

What can I be doing wrong? Just because you can do other things on the side doesn't mean that you can talk on the phone on the side and still feel the effect. Unfortunately, that's not the case. You have to get involved with the program. Drying the dishes on the side, on the other hand, is no problem.