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The Neurofeedback Book

Michael Thompson, Lynda Thompson

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Neurofeedback has been around a long time, since the 1960s when it was known as EEG biofeedback, and it has become one of the fastest growing segments of the mind-body medicine movement. The Neurofeedback Book is the first true textbook dedicated to this area of healthcare. It is written for peopl at all levels of knowledge in the field and is a must-have for those exploring alternative medicine modalities. This book is written to assist you in understanding the basis of neurofeedback and the fundamentals of how to do EEG biofeedback.

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