

# Are You Ready to Experience Personal Transformation with NeuroOptimal®?



## Start Your Journey...

Contact your local Trainer or find a Trainer near you at [www.neuroptimal.com](http://www.neuroptimal.com) to book a Session.

Already training with NeuroOptimal® but want a more convenient, affordable option?

## Take NeuroOptimal® Home

A NeuroOptimal® system can also be taken home for personal use. It can be used between your Sessions with a Trainer, while you are traveling, or remotely if you live at a distance. Speak to your Trainer about purchasing or renting one today!

Your Local Trainer:

Creator of NeuroOptimal®  
**Zengar®**  
Founded 1996

We know that given the right information, the mind can transform itself effortlessly. NeuroOptimal® makes personal transformation accessible for everyone.

  
**NEUROPTIMAL®**  
Advanced Brain Training Systems

[info@neuroptimal.com](mailto:info@neuroptimal.com)  
**1.866.990.Optimal (6784)**

[www.neuroptimal.com](http://www.neuroptimal.com)

Version N03 V.3.1  
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**NEUROPTIMAL®**  
Advanced Brain Training Systems



## Experience

Personal transformation  
with NeuroOptimal®  
Neurofeedback Training

[www.neuroptimal.com](http://www.neuroptimal.com)





## Are You Living YOUR Best Life?

Unlock your potential.  
Try NeurOptimal® today  
and reach new levels of  
mental clarity, and well-  
being.

NOTE: Any concerns mentioned are intended as examples only and not meant to suggest that NeurOptimal® treats, mitigates, cures, or diagnoses.



## What is NeurOptimal®?

NeurOptimal® is a non-invasive, cutting-edge brain training system designed to help promote a flexible and resilient mindset. It is a safe and effective tool for achieving personal transformation and improving overall wellbeing.

## Who can Benefit from NeurOptimal® Neurofeedback?

The answer is simple: everyone! No matter your age or starting point, NeurOptimal® is suitable for anyone seeking to improve their quality of life. Whether you're a student, busy mom, business owner, athlete, executive or artist, NeurOptimal® can help you reach your full potential.

## Become a Part of Our Global Community

**NeurOptimal®  
is in over 75  
countries and  
counting.**

**Millions of  
Sessions have  
been run worldwide  
since 2000.**

**Over 74 000  
NeurOptimal®  
Sessions are run  
per month.**



## What Happens In a NeurOptimal® Session?

Doing a Session is simple and relaxing. Three clips and two small sensors are attached to your head and ears. Then, you sit back and relax while listening to music and watching a custom visualizer. During this time, NeurOptimal® measures your brain activity, collecting over 500,000 data points in a single Session. A brief interruption in the audio and video stream alerts the brain to a change in its activity, providing a custom feedback loop that promotes positive impact with each Session.

## Here's what People Are Saying

### Cutting Edge Technology!

"A blazingly fast, cost effective, and pleasant way to achieve optimal form and function. NeurOptimal® is indescribable in words and must be experienced." – **C.P., Israel**

### Game Changer!

"Everyone should be assigned a NeurOptimal® system at birth." – **C.B., USA**