

Here is my testimonial.

My entire life I suffered from a form of depression called Disthymia. After years of psychotherapy and use of anti-depression / anti-anxiety drugs, I still suffered. I finally decided I would simply have to live with depression for the rest of my life. Then I read an article by Lora Lonsberry concerning Neurofeedback as a way of conquering Disthymia. With total skepticism I met with Lora and began my treatments the following week. Today my treatments are winding down and I'm a true believer in Neurofeedback. I feel more sustained peace and joy than I have ever felt in my life. I still have a day here and there when I feel a bit sad but my brain has learned what to do with that and the sadness never lasts long. I am so happy I tried Neurofeedback despite my skepticism and look forward to a depression-free future.

Judi