

Attention + Focus While Studying/work Audio Mp3 Isochronic



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Isochronic Tones With Ocean Sound (12 Hz - 14 Hz, Length: 30 Minutes, File Length: 41.2 MB) This is a low beta/SMR session designed to facilitate attention and focus while studying or working. Use this session with your eyes open while studying, reading or working. For some people it may be advisable to do a short beta or gamma session right before using this for studying, to increase energy and motivation levels. Be sure to adjust the volume to a lower level than usual for this session. It is meant to be used while studying, so should not overwhelm the senses. It is recommended to use this session for no more than an hour at a time. Take at least an hour break between uses. Single User License Disclaimer: This Audio mp3 is not intended to treat or cure any physical or mental disease, nor should any of the subject matter on the site be taken as medical advice. If you are prone to epileptic type events, schizophrenia, pregnant, wearing a pacemaker, prone to seizures, or under the influence of medication or drugs or alcohol, it is best not to listen to brainwave mp3's or cd's and/or you should consult with a licensed medical professional before listening to any of the mp3's or cd's. This is worth repeating, it is highly recommended that you don't listen to the sessions while under the influence of alcohol or other mood

altering substances, or medication. Under no circumstances should you drive a car or operate potentially dangerous machinery while listening to the sessions. Children under the age of 18 are to be examined by a physician for epilepsy or illnesses that may contribute to seizures prior to the use of any sessions, as they are more susceptible to seizures.

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