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**September 21st 2021: The show where you  
Restore your Brain's Natural Balance**

We all live stressful lives. What if there was an application that can help you not only meditate but restore your brain's natural balance so you can feel relaxed, rebooted and revitalized anytime, anywhere. My guest this week, Dr. Patrick K. Porter, PhD, is an award-winning author/speaker and the founder of BrainTap®, the leader in technology-enhanced meditation. Dr. Porter pioneered the use of brainwave entrainment to improve clarity, sleep & energy, and remains at the forefront of scientific research. He founded BrainTap with the goal of making this technology accessible to everyone. Dr.

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### Featured Guest



#### Dr Patrick Porter

Dr. Patrick K. Porter, PhD, is an award-winning author/speaker and the founder of BrainTap®, the leader in technology-enhanced meditation. Dr. Porter pioneered the use of brainwave entrainment to improve clarity, sleep & energy, and remains at the forefront of scientific research. He founded BrainTap with the goal of making this technology accessible to everyone. BrainTap offers over 1000 original audio sessions in 12 languages and serves a worldwide user base with its mobile app and headset. Dr. Porter has been featured in The Wall Street Journal, People, Entrepreneur, INC and on ABC, NBC, CBS as an expert in brain health & wellness, and in 2020, Dr. Porter received the IAFNR lifetime achie

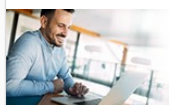
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