



Holy Hormones Honey!

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March 20th 2014: The Aging Brain: 5 Things You Probably Don't Know

According to Michael Cohen, "Changing your brain changes everything." Cohen, a former high-tech consultant co-founded The Center for Brain Training in 2006 after his father underwent neurofeedback in a desperate attempt to get a handle on years-long, severe depression after medications and even electroconvulsive (shock) therapy failed to bring him out of unrelenting despair. After a short course in neurofeedback therapy, Cohen's father's personality returned, and his mood improved to the extent that he re-joined the world. The dramatic change in his father prompted Cohen to continue hi

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Featured Guest

Guest Image

Michael Cohen

Michael Cohen is President/ Founder of the Center for Brain Training, in Boca and Jupiter, Florida. CBT provides help for attention, cognitive function, depression, anxiety, sleep, and neurological conditions. He's a leading expert in EEG Neurofeedback, which helps improve brain function. He's taught the technology to health and medical professionals for 16 years and has been integrally involved in this emerging industry during that time. Cohen has served on the Board of Directors for two of the largest professional organizations in the field of neurofeedback. He has produced over 36 monthly audio CD interviews with top industry leaders, as well as with professionals from other related f

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