

THE LISTENING PROGRAM

The Listening Program® is a music listening therapy designed to improve listening, learning and other areas. The Listening Program® transforms every life by making sound brain fitness universally attainable.

You might ask just what is sound brain fitness? Well, sound brain fitness reflects the idea that brain performance can be maintained or improved by engaging in healthy sound practices. This is not unlike the understanding that physical fitness is improved through exercising the body. One such practice is The Listening Program®. TLP involves listening to acoustically-modified instrumental music through high-quality headphones to reduce stress, improve focus, self-regulation, learning, memory, and more.

TLP can benefit most anyone, and applications are wide ranging, from rehabilitation, to wellness and peak performance; in settings ranging from schools, hospitals, therapy clinics, assisted living facilities, companies, athletic and music programs, in homes, and on military bases.

The Listening Program® (TLP) is a music listening method, personalized to improve brain fitness at any age or level of ability. Used and trusted by hundreds of thousands of people in over 35 countries.

TLP has global effects on the brain, and is commonly used to support changes in a wide range of brain performance areas:

- ❖ Executive Function
- ❖ Communication
- ❖ Auditory Processing
- ❖ Social & Emotional Function
- ❖ Stress Response
- ❖ Motor Coordination
- ❖ Creativity

The Listening Program® music is not only effective but is a joy to listen to. Created by the world's leading authorities in applied music effects research, The Listening Program is designed to help you.

Stress less. Listen better. Get your brain, sound and fit. Call 972-494-3232 for more information.