

Impossibilities vanish in a well-wired brain...

Do your goals and dreams seem out of reach?



With Dr. Adrienne Ahern

Meet Dr. Adrienne Ahern, Ph.D.



Adrienne Ahern, Ph.D. is a clinical psychologist, author and public television show personality with more than 15-years experience working directly with patients and high-profile organizations. Dr. Ahern's pioneering work in developing human potential has helped thousands of people to achieve their goals and create successful and joyous lives.

In addition to her lectures and workshops throughout the country, Dr. Ahern's reaches audiences through her new national public television special where she provides unique processes to take charge of the hardwiring of our brains to remove limitations and accomplish what we desire. Dr. Ahern integrates the disciplines of psychology, psychophysiology, and neurofeedback and provides concrete tools to rewire the physiology of the brain so it works for us, not against us.

Dr. Ahern's developed her proven Snap Out Of It NOW method, detailed in her first book of the same name, through her work with hundreds of clients, both in her private practice and in her consulting role at the prestigious Scripps Hospital in La Jolla, California.

In her new book, *BACK IN CHARGE!: A Guide to Harnessing the Magic of Your Brain to Create the Life You'll Love*,, Dr. Ahern uses relatable examples and step-by-step exercises to give readers a visceral understanding of their own brain's hardwiring, and how to take charge of it and unleash its power in positive directions.

A graduate of the University of California Los Angeles, Dr. Ahern earned two master's degrees and her doctorate from the California School of Professional Psychology in Berkeley. When not lecturing, Dr. Ahern loves to ski, golf and surf, while dividing her time between Reno, Nevada, and La Jolla, California with her husband, Barry.

www.snapoutofitnow.com

The Office of Dr. Adrienne Ahern
4790 Caughlin Pkwy. #707 | Reno, NV 89509 | Phone 775.827.9040 | Toll Free 800.753.1417
info@SnapOutOfItNow.com | www.SnapOutOfItNow.com