

EXCERPT FROM

# Drop: Making Great Decisions

USE NEUROSCIENCE TO RETRAIN YOUR BRAIN AND MAKE BETTER LIFE CHOICES

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My technique of *dropping to the blank screen* monitors neuromuscular signals that indicate unconscious triggered emotions, past and present. The end result is integrating multiple levels of memory recall for making new decisions. Once those new decisions are enacted, individuals frequently share that the underlying emotions and corresponding physiological reactions are completely resolved. No other methods incorporate memory retrieval and the final, most important step of making decisions, which resolves emotions and prevents the recurrence of triggering thoughts or unhealthy actions.

This method is not simply reducing stress through relaxation, breathing, or mindfulness. It is a scientific, proven method to completely resolve feelings that could otherwise trigger you as a result of daily interactions with people, situations, or from thinking about people in past or present situations. The end result is peace of mind. No more spinning in your head, being flooded by the day's thoughts at bedtime, or by thoughts from the past.

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