

## Interested?

If you are ready to take the next step towards achieving your goals, set up an appointment with Dr Diane. After an initial consult Dr. Diane can work with you to help you achieve your highest goals.

There are a limited number of appointments available on Thursday afternoons at The Burdenko Water and Sports Institute or you can visit Dr. Diane's Andover or Boxford offices. Call **(888) 760-8730** or email Dr Diane at **diane@drdiane.com** to schedule a consultation.

## About Dr. Diane

Dr. Diane, a licensed psychologist and health service provider, holds board certifications in Sports Psychology, Health Psychology, and Performing Arts Psychology.

In her 28 years as a sports psychologist, she has worked with Olympic bi-athletes, gymnasts, runners, cyclists, swimmers and skiers, at all levels of ability, to help them achieve **peak performance**.

The combination of Dr. Burdenko's unique water and land therapy, along with 20-40 minutes of Dr. Diane's **Peak Performance & Mental Enhancement Training**, you can make the definitive difference in your ability to achieve your highest goals.

For more information about Dr. Diane, visit her website at **[www.drdiane.com](http://www.drdiane.com)**

# Diane Roberts Stoler, Ed.D.

**Sports Psychologist  
Performing Arts Psychologist  
Health Psychologist**



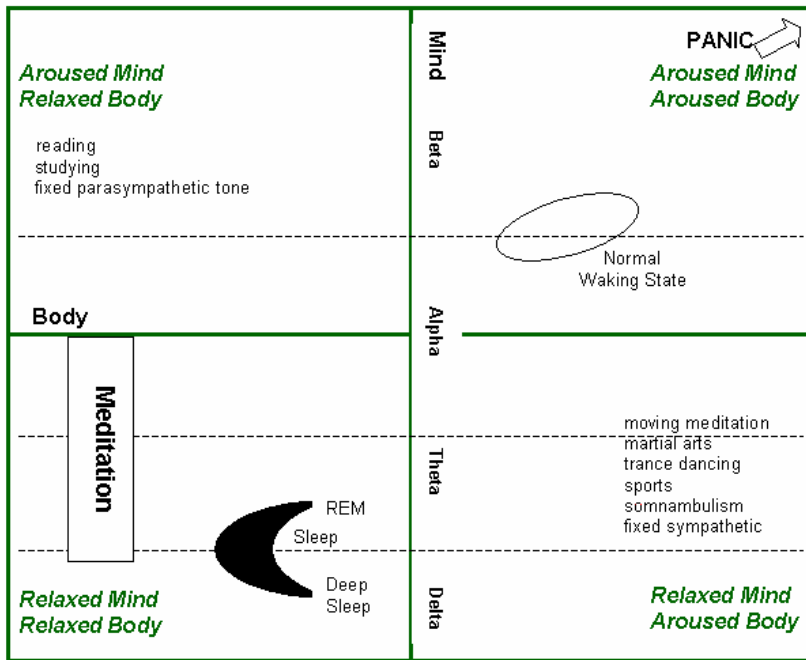
## Achieve Your Highest Goals

Athletes and performing artists condition their *bodies* in a variety of ways, but always with a common goal — *to achieve the greatest performance possible*.

Often you will train and condition your muscles but are still unable to reach your highest goals. There is some hurdle, some barrier keeping you from achieving this success. Keeping you from reaching this level of **Peak Performance**.

## What Is Holding You Back?

In many cases the hurdle that is stopping you from achieving the desired level of success involves the activities of your brain. Your brain wave activities are reflected in the state of arousal of your mind and your body. For an athlete to achieve success her body must be in a state of arousal while her mind be in a relaxed state, this is often called "In The Zone". Each type of brainwave (beta, alpha, theta, delta) must be at certain levels for this to be achieved.



If an athlete's beta wave levels are high, her mind is too aroused and she is unable to perform well. If her delta wave levels are low, her body is too relaxed and she is unable to perform well. Ideally, measurements of an athlete's brain wave activities, should place her in the lower right corner of this chart.

## How Can Dr. Diane Help?

Along with traditional methods, cutting edge technology is now available to train you how to effectively and efficiently use and conditionally strengthen your brain. This technology is called Neurofeedback. It is one of the vital tools used by major sports teams and Olympic champions to achieve Peak Performance.

*"Brainwave technology is the future of competitive sports. It helped me to focus and concentrate, keeping cool under pressure."*

-Richard Faulds MBE, Olympic gold medal winner, Sydney 2000

Dr. Diane has undergone extensive training in neurophysiology and neurofeedback. She has the state of the art equipment needed to assess brain mapping and teach you to effectively and efficiently use and continually strengthen your brain to maintain and to enhance your conditioning and achieve **Peak Performance.**

During a series of 20-40 minute sessions, Dr. Diane provides the necessary instruction and interpretation to encourage the brain to function within a more appropriate pattern level. This involves increasing or decreasing certain brain wave frequency activities at certain locations. In effect, the brain learns to function with greater control and stability through self-regulation. Increased alertness and mental flexibility allow you to get "In The Zone" and achieve your highest goals!