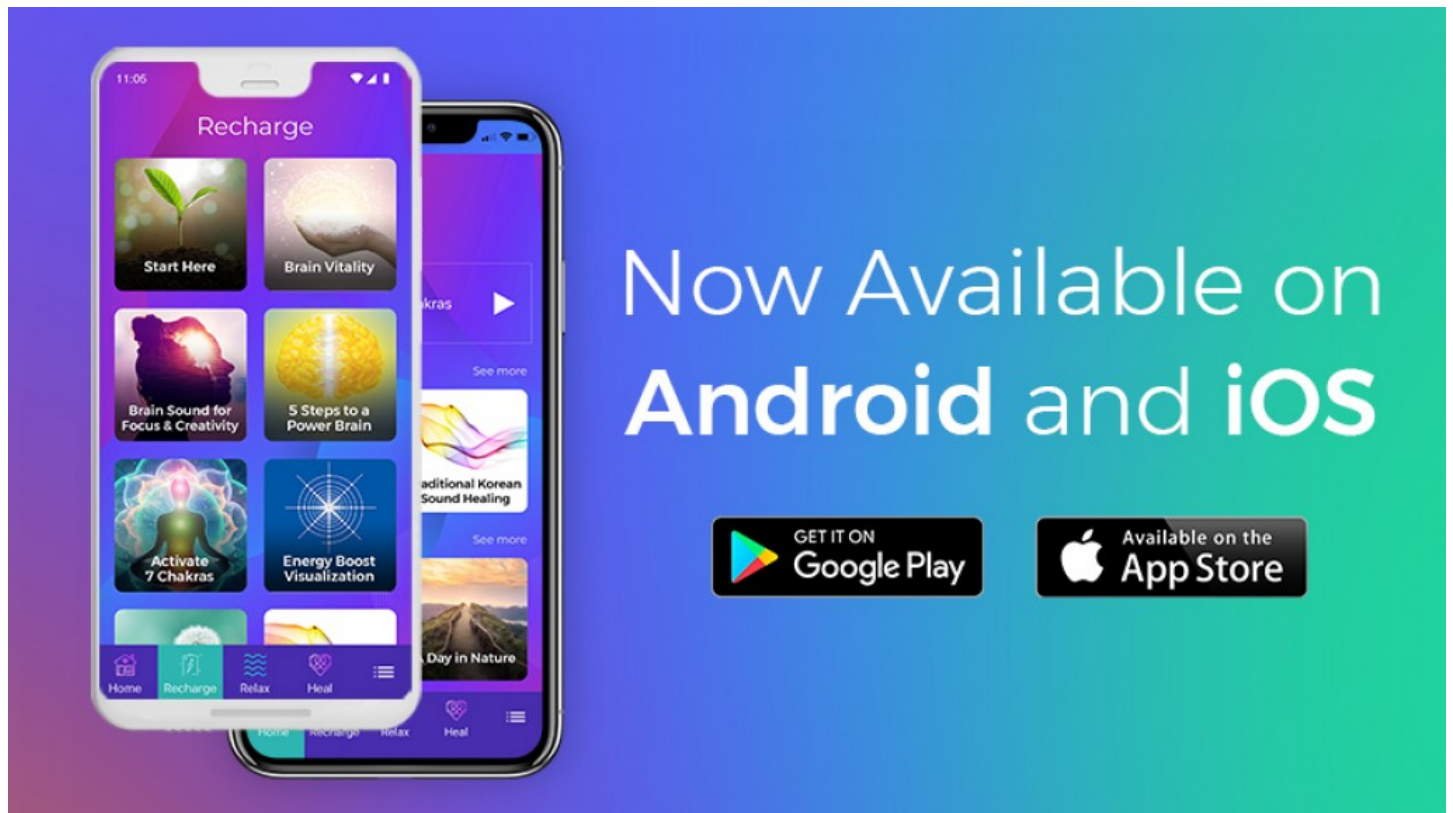


Brain Recharge: The Meditation App to Boost Your Brain Power

You choose what will help you Relax, Recharge, Heal, and Manifest



Phoenix, Aug 29, 2019 (Issuewire.com) - It feels like more people are heading over to the app store in search of the best mindfulness app, in hopes of reducing stress, anxiety, and negativity. With over 1,300 different meditation apps, Brain Recharge has launched the first and only app that uses Brain Education-based research to help individuals live the life they desire on July 15, 2019.

[Brain Recharge](#) is a new app, created by Change Your Energy, that provides guided meditations by activating brain power to gain control of the mind. The app does more than just remind you to meditate, it provides 100+ Brain Education-based guided meditations curated for total mind-body wellness. The guided meditations provide the options to Relax, Recharge, Heal, and Manifest which allow you to boost your energy, reduce stress, activate the brain, and most importantly feel empowered. Brain Recharge's goal is to help create a life of health, happiness, and peace by being easy and accessible on [iPhone](#), [Android](#), and the web.

[Ilchi Lee](#) is a meditation expert, *New York Times* bestselling author, and the creator of Brain Education. Brain Education is a 5-step method Ilchi lee created for people to learn how to use their brain to its fullest potential. This 5-step method teaches many to connect mind and body through brain sensitizing, versitalizing, refreshing, integrating and finally mastering. Each step allows for the brain to release negative energy and transform the mind to a balanced state. This balanced state allows for growth and control of the brain. Brain Education is now implemented in [25% of Salvadoran public schools](#) where students and teachers have seen improvements in peer relationships, anxiety, trauma and stress.

The health industry is growing and many are jumping on board to make changes to become better versions of themselves. With mindfulness and meditation apps flooding the apps store, Brain Recharge is changing the way people connect mind and body by cultivating the life they want with complete focus on self-development. Brain Education is making its way around the world and changing the way people view themselves and others.

ABOUT BRAIN RECHARGE

Brain Recharge offers an ever-growing library of guided meditations, relaxation techniques, and meditation music to help you reduce stress, promote self-healing, and recharge your brainpower. The meditations are based off over 40 years of teachings from Ilchi Lee, a meditation expert, *New York Times* bestselling author, and founder of Brain Education. Since 1980, millions of people have adopted Ilchi Lee's meditation methods, and Brain Recharge is the hub of all of them available to use in one, simple place.

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