

# GAINING SELF-CONFIDENCE THROUGH **PISTA**



[www.pistatherapy.com](http://www.pistatherapy.com)

**PISTA therapy** uses a form of brain stimulation through binaural beats that are incorporated on our **PISTA device** that has been found to help people boost their self-confidence and self-esteem.





**This type of stimulation works by sending electrical signals to specific areas of the brain that are associated with feelings of confidence and self-esteem.**





**By stimulating these areas, it helps people to become more confident in their abilities and more positive about their self-image.**



**This can lead to  
increased  
motivation and a  
greater sense of  
overall well-being.**





**Additionally, this type of stimulation can help to reduce anxiety and help people to better control their emotions. All of these factors can help to build up self-confidence and self-esteem.**

