

HOW TO DEAL WITH PROCRASTINATION WITH PISTA



PISTA Therapy is a form of binaural beat therapy that uses a specific frequency of sound waves to entrain the brain. This technique has been found to be particularly effective at helping people overcome procrastination.



The binaural beats can help to create a more relaxed mental state, which can help you to focus on the task at hand more effectively. Additionally, the beats can help to create a more positive mindset, which can allow you to think more clearly and make better decisions when confronted with difficult tasks.



With regular use of PISTA Therapy,
you can increase your focus and
reduce the tendency to procrastinate.

