

- 9 Principles of Brain health
- Overview of 4 Brain Regions
- Deep Dive into the PFC
- Killing The Ants
- Barriers to Success
- Deep Dive into 3 other Brain Areas
- The Four Circles of Brain Health
- Exercises for Motivation, Creativity, Innovation
- Brain Healthy Habits and Nutrition
- Brain Optimization
- Six Bonus Lessons

	Basic	Enhanced	Premium	VIP
9 Principles of Brain health	✓	✓	✓	✓
Overview of 4 Brain Regions	✓	✓	✓	✓
Deep Dive into the PFC	✓	✓	✓	✓
Killing The Ants	✓	✓	✓	✓
Barriers to Success	✓	✓	✓	✓
Deep Dive into 3 other Brain Areas			✓	✓
The Four Circles of Brain Health			✓	✓
Exercises for Motivation, Creativity, Innovation			✓	✓
Brain Healthy Habits and Nutrition			✓	✓
Brain Optimization			✓	✓
Six Bonus Lessons		✓		✓