

Alive

COMPREHENSIVE TRAINING ENVIRONMENT

Play biodata-enhanced computer games for as little as 10 minutes a day and start seeing your stress melt away.

Alive games use coaching and tracking to make it easy for you to develop control over your stress. With Alive, the power of your mind makes flowers bloom, builds houses, powers your racecar, and more.

Monitor the success of your efforts and fine-tune the control you have over your body. Master yourself as you master the game!

A full suite of games, workshops, and environments, Alive helps you:

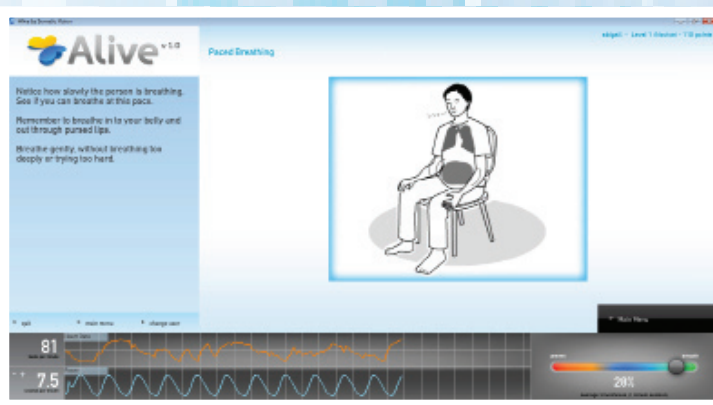
- Increase relaxation
- Restore balance, resilience, & vitality
- Improve physical & mental well-being
- Improve work, school, & sports performance



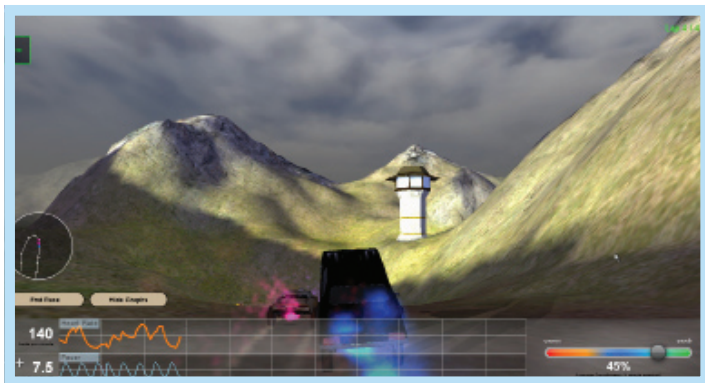
The array of Alive Mini-Games are progressive animations powered by your heart-rate smoothness: Build your Dream House (shown above), use your Green Thumb to make a hyacinth bloom, Take a Night Flight through an exciting city, and much more.



The Alive Main Menu is the “dashboard” from which you can choose to play Games, explore Environments, or take Workshops to help you achieve smoother heart rate variation, learn to breathe more evenly, and much more.



The Alive Coach helps you train effectively offering a wide variety of Workshops such as: Advanced Breathing, Graph Training, Progressive Muscle Relaxation, Mindfulness, and more. The Workshops use audio as well as visuals, and offer great flexibility for how they are used. Shown above is the Paced Breathing Workshop, which allows the user to optimize their breathing rate with the help of an animated visual, a breath pacer, and a smoothness graph.



Dual Drive is a full-featured car racing game. Choose and customize your car, then choose a mission. The more you relax, the faster your car goes as you compete with other cars to complete the course. As you improve, challenge yourself by playing in Manual Pilot mode! Great fun for anyone of any age.

Beyond the computer

Alive is not just about computers! Your Alive User Guide includes the multi-disciplinary Alive & Beyond 8-Week Program.

The Alive & Beyond 8-Week Program has been developed to help you get the most out of Alive, bringing in off-screen concepts and exercises to complement the Alive software.

For those using Alive with a child or teen, we include a section on Alive for Younger Users.

You may want to follow Alive & Beyond exactly or you may want to tailor it to your needs.

Either approach is fine and will help you in your journey toward stress relief and peak performance.

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