

# “IMPROVING STRESS RESILIENCE IS VITAL”

ALEX DOMAN



Alex Doman is an author, entrepreneur, public speaker, music producer, and product creator, who has 25 years of experience in leadership in the brain health, neurotechnology, and therapeutic music markets.

The third generation in a family of pioneers dedicated to improving brain performance for over seventy-five years, Alex is founder & Chief Product Officer of Vital Neuro, founder & CEO of Advanced Brain Technologies, founder & Chief Scientist of Sleep Genius, and bestselling co-author of Healing at the Speed of Sound®.

His production credits are extensive, leading the research, creative and innovation teams who've created cutting-edge solutions that have helped millions of people worldwide including; The Listening Program®, Brain Builder®, Sleep Genius™, inTime™, Sound Health®, Music for Babies™, Music for the Mind™, Waves™ multi-sensory audio system, TAVS™ (Test of Auditory and Visual Skills), The Movement Program and Vital's Leonardo, a mobile cloud based neuroscience service for stress reduction.

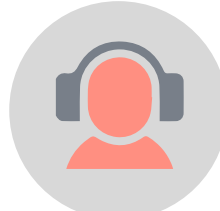
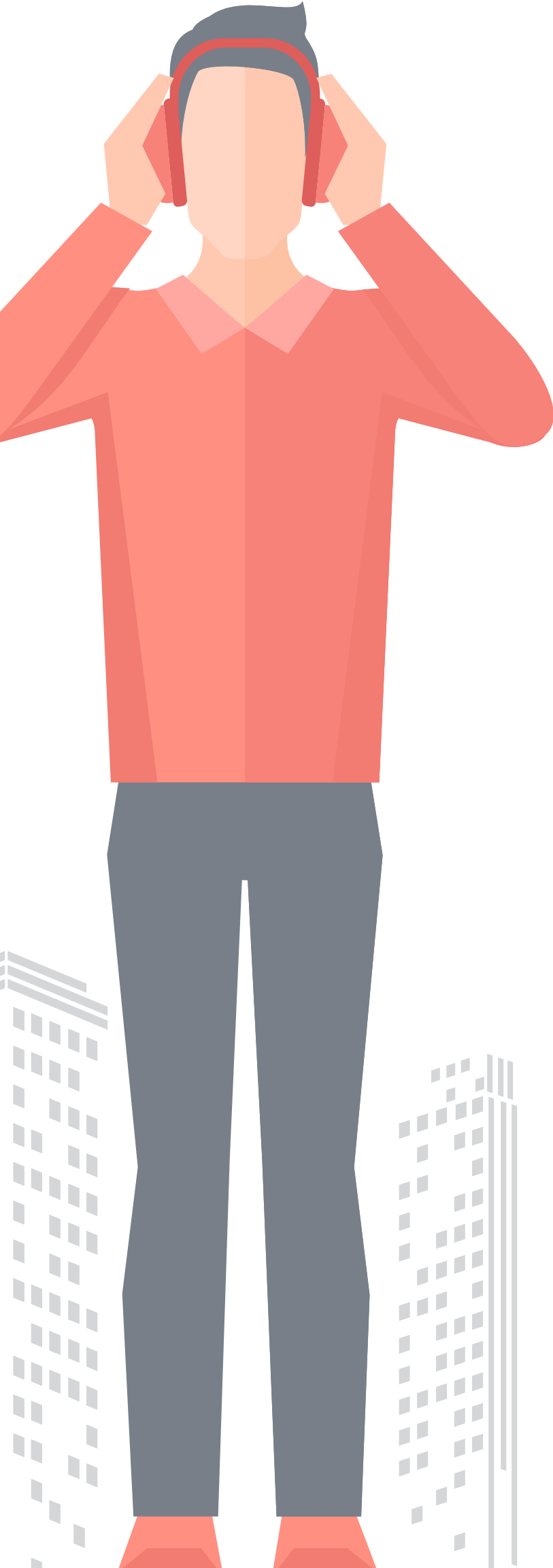
Alex has been interviewed for; NBC, CBS, ABC, MSNBC, Today, NPR Marketplace, Wall Street Journal, Self, Women's Health, Men's Health, Fast Company, CBS Moneywatch, ESPN Radio, Hearing Health Magazine, popular podcasts and other media.

Doman's writing has been featured in several magazines, scientific journals and books. He is a blogger and host of the Advanced Brain Podcast with guests including NY Times bestselling authors, health personalities, and other thought leaders.

An advisor to several companies and organizations and Board Member for Autism Hope Alliance, he is a TEDx and keynote speaker and frequent presenter at online summits and on international stages.

Alex was named one of the top 50 human behavior experts to watch and has trained thousands of medical, therapeutic, and education professionals on brain related topics.

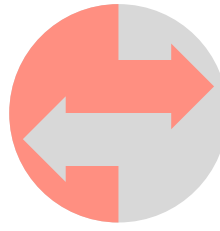
## TODAY'S SUBJECTS



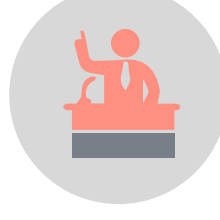
How Alex plans on helping humanity and making it a better world than when he came into it



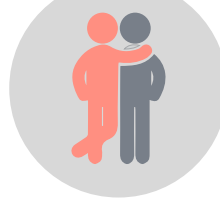
How the brain has changed through evolution



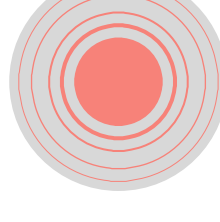
How stress and sleep complement each other



Alex is a "Forced Extrovert"



The characteristics Alex looks for in people



Concentric Circles of Influence



Brain health and what things people can do to help their aging brains



## GET IN TOUCH WITH ALEX DOMAN



[vitalneuro.com](http://vitalneuro.com)



[alex@vitalneuro.com](mailto:alex@vitalneuro.com)



(801) 622 5676



<https://www.linkedin.com/in/alexdoman/>



[https://www.instagram.com/alex\\_doman/](https://www.instagram.com/alex_doman/)



<https://www.facebook.com/alexdoman>

## LEARN MORE ABOUT ADAM CONNORS



[networkwise.com](http://networkwise.com)



LinkedIn



Twitter



Instagram



“CONVERSATIONS with CONNORS”