



**The Success Loop created by maintaining Brain Integration under Stress**

When you can maintain your brain integration under stress you will be able to figure it out and receive the reward of being successful, which increases your ability to maintain your integration under even higher levels of stress and be successful again the next time. Eventually you reach a point where you can even make a mistake and use it as a stepping-stone to success. *This leads to increased self-confidence and self-esteem so essential for success in life.*