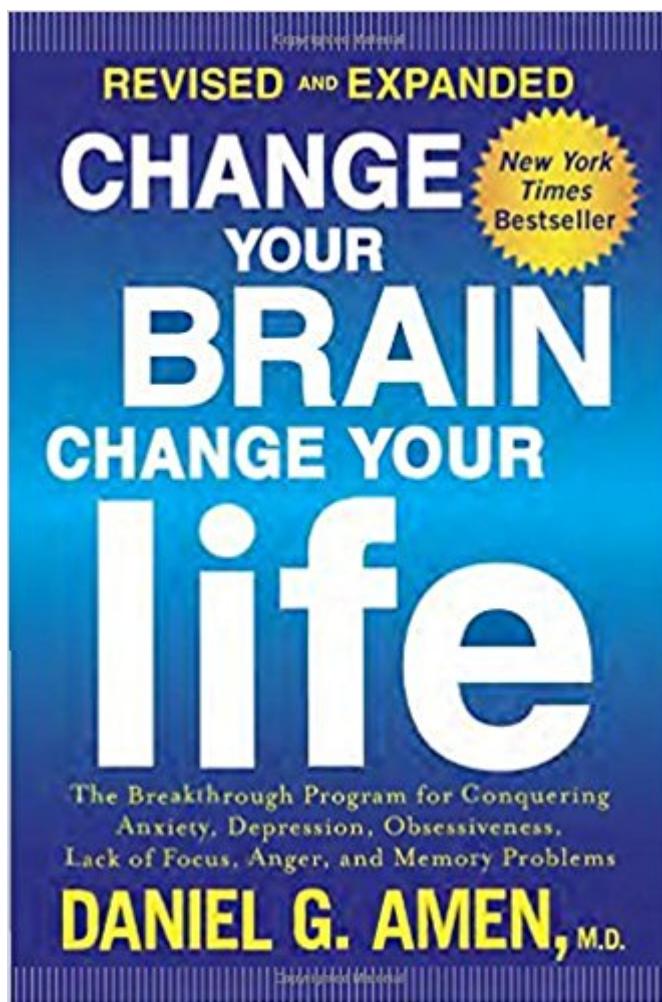


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# Change Your Brain, Change Your Life (Revised And Expanded): The Breakthrough Program For Conquering Anxiety, Depression, Obsessiveness, Lack Of Focus, Anger, And Memory Problems





## Synopsis

In this completely revised and updated edition of the breakthrough bestseller, A neuropsychiatrist Dr. Daniel Amen includes effective "brain prescriptions" that can help heal your brain and change your life. To quell anxiety and panic: Use simple breathing techniques to immediately calm inner turmoil. To fight depression: Learn how to kill ANTs (automatic negative thoughts). To curb anger: Follow the Amen anti-anger diet and learn the nutrients that calm rage. To conquer impulsiveness and learn to focus: Develop total focus with the One-Page Miracle. To stop obsessive worrying: Follow the "get unstuck" writing exercise and learn other problem-solving exercises. You'll see scientific evidence that your anxiety, depression, anger, obsessiveness, or impulsiveness could be related to how specific structures in your brain work. You're not stuck with the brain you're born with. A

## Book Information

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## Customer Reviews

In this age of do-it-yourself health care (heck, if the doctor only sees you for 10 minutes each visit, what other options are there?), Change Your Brain, Change Your Life fits in perfectly. Filled with "brain prescriptions" (among them cognitive exercises and nutritional advice) that are geared toward readers who've experienced anxiety, depression, impulsiveness, excessive anger or worry, and obsessive behavior, Change Your Brain, Change Your Life milks the mind-body connection for all it's worth. Written by a psychiatrist and neuroscientist who has also authored a book on attention deficit disorder, Change Your Brain contains dozens of brain scans of patients with various neurological problems, from caffeine, nicotine, and heroin addiction to manic-depression to epilepsy.

These scans, often showing large gaps in neurological activity or areas of extreme overactivity, are downright frightening to look at, and Dr. Amen should know better than to resort to such scare tactics. But he should also be commended for advocating natural remedies, including deep breathing, guided imagery, meditation, self-hypnosis, and biofeedback for treating disorders that are so frequently dealt with by prescription only. --This text refers to an out of print or unavailable edition of this title.

Clinical neuroscientist and psychiatrist Amen uses nuclear brain imaging to diagnose and treat behavioral problems. He explains how the brain works, what happens when things go wrong, and how to optimize brain function. Five sections of the brain are discussed, and case studies clearly illustrate possible problems. The accompanying brain-scan photos are difficult to read with an untrained eye. Although Amen provides step-by-step "prescriptions" geared toward optimizing and healing the different sections of the brain ("create a library of wonderful experiences

I agree with the negative reviews that this book is more or less a 17-hour infomercial but it does have helpful tips or suggestions mixed in occasionally, and some of them are real gems which is why I still liked this book overall. This book would be so much better if it focused purely on the science and what behaviors can be modified with actionable tasks/steps people can take (i.e. changing the questions they ask themselves, writing goals on paper, joining support groups) The authors concept is this: Spend thousands getting your brain scanned, then spend hundreds on supplements he sells for your special kind of brain, and join a church. That last part is true and helpful--not necessarily joining a church but forming bonds and strengthening human connection. Have a support system. Of course changing your diet will help too, as most of his supplements work largely because of the forced dietary change.

If you ever had a concussion, head injury, etc this book is Golden!

Fantastic breakthrough in visually demonstrating the brain damaging affects of alcohol and drug addictions. A must read for anyone interested in better understanding the reasons a vast majority of addicts are not interested or able to recover from their addictions.

good reading material

An excellent book for anyone to read.

Very interesting and informative.

Great information!

worth the read

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Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness Depression: The Depression Cure: The 11-Step Program to Naturally Beat Depression For Life (depression cure, depression books, depression and anxiety, ... emotional intelligence, mood disorders) Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Stop Anxiety from Stopping You: The Breakthrough Program For Conquering Panic and Social Anxiety Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) Memory Training: Train your brain to improve your memory (Unlimited Memory, Mental Health, Memory Techniques, Education & Reference, Study Skills, Memory Improvement Book 1) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Memory: Boost Your Memory with Easy Exercises - Improve Your Mental Focus in Everyday Life (FREE BONUS INCLUDED) (Improve memory, improving memory, remembering more, productivity improvement) Memory Repair Protocol - Improve Your Memory: Powerful Strategies To Enhance Your Memory - The Ultimate Guide to Unleash Your Brain's Potential (memory loss Book 1) Better Memory Now: Memory Training Tips to Creatively Learn Anything Quickly, Improve Memory, & Ability to Focus for Students, Professionals, and Everyone Else who wants Memory Improvement Telling Yourself the Truth: Find Your Way Out of Depression, Anxiety, Fear, Anger, and Other Common Problems by Applying the Principles of Misbelief Therapy Unfuck Your Brain: Using Science to Get Over Anxiety,

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