



Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems

By Daniel G. Amen M.D.

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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 By Daniel G. Amen M.D.

In this completely revised and updated edition of the breakthrough bestseller, 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. Renowned neuropsychiatrist Dr. Daniel Amen includes cutting-edge research and the latest surprising, 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

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Editorial Review

Amazon.com Review

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.

From Library Journal

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"; "try meditation/self-hypnosis"), 80 percent of the patients in his case studies were given medication to treat their behavioral problems. The audience for this book is ambiguous. While it encourages readers to evaluate themselves and others, it would be more useful to a professional in the social sciences than to the general reader. Buy where self-help or brain-research books are popular. —Maria Uzdavinis, Rochester P.L., NH

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Review

With a cutting-edge, easy-to-apply plan, Dr. Daniel Amen proves you needn't succumb to depression, anger, and other negative emotions. This must-read book provides the key to heal your brain and transform your life.

--JJ Virgin, Celebrity Nutrition & Fitness Expert, Author of the NYT bestsellers: *The Virgin Diet & Sugar Impact Diet*

"This is the definitive manual for taking care of your brain, so it can take care of you. Prevent one of the most important hidden agers of your body."

-- Sara Gottfried MD, Harvard Trained Physician and NYT bestselling author of *The Hormone Cure*

"*Change Your Brain, Change Your Life* is your manual for fully optimizing your brain. Dr. Amen and I partner with Pastor Rick Warren in creating The Daniel Plan that has helped tens of thousands of people get well by using habits that optimize decision making and brain function. His newly revised book gives readers a powerfully practical exploration into the organ that makes you who you are."

--Mark Hyman, MD, Director of the Cleveland Center for Functional Medicine and the author of the #1 *New York Times* Bestseller *The Blood Sugar Solution*.

"I consider Daniel Amen to be the most innovative psychiatrist in America. His message is simple, yet profound: you can't have a healthy life without a healthy brain. His dietary and lifestyle strategies to maintain brain health are based on the world's most comprehensive library of brain imaging technology that allows one to observe the impact of his recommendations. If you want a more fulfilled life, this book is a must read."

-- Barry Sears, Ph.D., Author of *The Zone*

"After 110,000 brain scans Dr. Daniel Amen is *the ultimate expert* on how to change your brain so that you can change your life for the better. The discovery of his wisdom and insights will make your life and brain health infinitely better."

--Mark Victor Hansen, *New York Times* Bestselling Author, Co-Creator of the **Chicken Soup for the Soul** series and **The Miracles In You** series

"No one knows more about the connection between your brain, your body, and your life than Daniel Amen. This new, updated edition of his classic book is even better than the original, and it belongs in every health library. Highly recommended!"

--Jonny Bowden, PhD, CNS aka "The Nutrition Myth Buster", author of *The Great Cholesterol Myth* and *Smart Fat: Eat More Fat, Lose More Weight, Get Healthy Now*

"Revolutionary. Dr. Amen shows how your brain can become your worst enemy, and how with the proper treatment, your best friend."

--Martin Stein, M.D., associate clinical professor of psychiatry, George Washington University

"Opens the door to assessment and interventions that can change your life."

--Robert D. Hunt, M.D., associate clinical professor of psychiatry, Vanderbilt School of Medicine

"Dr. Daniel Amen's book represents an expert solution not only for better treating brain illness but more importantly for creating a lasting state of brain wellness."

--Cyrus Raji, MD, PhD, UCLA Medical Center, Department of Radiology

"This book is a goldmine of practical and easy-to-follow instructions on how you can you can feel sharper, happier, and more in control. Dr. Amen has condensed his 35 years of experience in treating patients with attention deficit disorder, depression, anxiety, OCD, and addiction into a practical program you can follow on your own."

--Majid Fotuhi, MD, PhD, Medical Director, NeuroGrow Brain Fitness Center
Affiliate staff, Johns Hopkins Medicine, Howard County General Hospital

Users Review

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James Oliver:

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Willard Sarvis:

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James Esparza:

Is it an individual who having spare time and then spend it whole day simply by watching television programs or just telling lies on the bed? Do you need something totally new? This Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems can be the response, oh how comes? A book you know. You are so out of date, spending your extra time by reading in this brand-new era is common not a nerd activity. So what these books have than the others?

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