



Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness

Daniel G. Amen

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Do you panic at the thought of walking into a room full of people you don't know? Do you feel as if a cloud of gloom is always hovering over your head? Do you have the same negative thoughts over and over? Are you so easily distracted that you often can't finish a project? Do you fly off the handle at your spouse for no good reason? Do you have trouble connecting meaningfully with other people? If you've been struggling to overcome a problem like these without success--perhaps you've even tried therapy but given up--it probably isn't for lack of trying, thinking, or motivation; you just didn't have the right answers or the right tools. Now you do.

In his pioneering new book, **Change Your Brain, Change Your Life**, Dr. Amen explains how you can "optimize" your brain to achieve your fullest potential. Using state-of-the-art brain imaging technology, Dr. Amen has spent the last decade helping thousands of patients understand how the way their brains are wired can affect their thoughts and emotions. He explains which brain systems are associated with particular problems, gives detailed checklists to help you pinpoint your problems, and offers specific yet simple "brain prescriptions" (cognitive exercises, nutrition, medication, and more) to help actually enhance brain function and heal each problem.

Many of the difficulties associated with anxiety, depression, excessive worrying, anger, and distraction are related to five specific systems in the brain. Dr. Amen explains how these systems work and how malfunctions can affect your behavior. If you've always believed that you were just going to have to live with the way you are, you'll be amazed by the vivid before-and-after brain scans of some of the thousands of patients that have been successfully treated at the Amen Clinic--visual proof that the right treatment can help you. You certainly don't need a brain scan to understand the basis of your particular problem or implement the correct solution, but these striking images will inspire you to make meaningful and effective changes. Seeing is believing!

Brain Prescriptions That Really Work

See the Anxious Brain * See the Depressed Brain * See the Angry Brain * See the Impulsive Brain * See the Worried Brain

In this breakthrough book, you'll see scientific evidence that your anxiety, depression, anger, obsessiveness, or impulsiveness could be related to how specific structures in your brain work. But you're not stuck with the brain you're born with. Here are just a few of neuro-psychiatrist Dr. Daniel Amen's surprising--and effective--"brain prescriptions" that can help heal your brain and change your life:

To quell anxiety and panic:

Follow the 18/40/60 rule

Use simple breathing techniques to immediately calm inner turmoil

Learn which foods calm anxiety

To fight depression:

Learn how to kill ANTs (automatic negative thoughts)

Build a library of wonderful emotional experiences

Surround yourself with antidepressant fragrances

To curb anger:

Follow the Amen anti-anger diet

Learn the nutrients that can calm rage

Let Mozart calm you

To conquer impulsiveness and learn to focus:

Develop total focus with the "One-Page Miracle"

Use lights and sounds to stay focused

Get coaching from a professional organizer

To Stop obsessive worrying:

Learn the nutrients and foods that help

Follow the "get unstuck" writing exercise

Do simple problem-solving exercises

When your brain doesn't work right, you can't work right. With its easy-to-follow program and compelling evidence that you can actually retrain your brain to work more optimally, this breakthrough book will help you make lasting changes.

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Robert Frye:

This Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness book is simply not ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is definitely information inside this book incredible fresh, you will get facts which is getting deeper anyone read a lot of information you will get. That Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness without we understand teach the one who reading it become critical in pondering and analyzing. Don't be worry Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness can bring any time you are and not make your handbag space or bookshelves' come to be full because you can have it in your lovely laptop even mobile phone. This Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness having great arrangement in word in addition to layout, so you will not truly feel uninterested in reading.

Victor Brown:

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Jane Mansour:

People live in this new morning of lifestyle always aim to and must have the spare time or they will get wide range of stress from both day to day life and work. So , whenever we ask do people have time, we will say absolutely of course. People is human not only a robot. Then we inquire again, what kind of activity do you have when the spare time coming to you actually of course your answer will unlimited right. Then do you try this one, reading ebooks. It can be your alternative throughout spending your spare time, typically the book you have read is usually Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness.

June Ortiz:

In this age globalization it is important to someone to acquire information. The information will make you to

definitely understand the condition of the world. The condition of the world makes the information better to share. You can find a lot of referrals to get information example: internet, magazine, book, and soon. You will see that now, a lot of publisher this print many kinds of book. The book that recommended to you is Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness this book consist a lot of the information from the condition of this world now. This book was represented how do the world has grown up. The language styles that writer require to explain it is easy to understand. The particular writer made some analysis when he makes this book. This is why this book acceptable all of you.

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