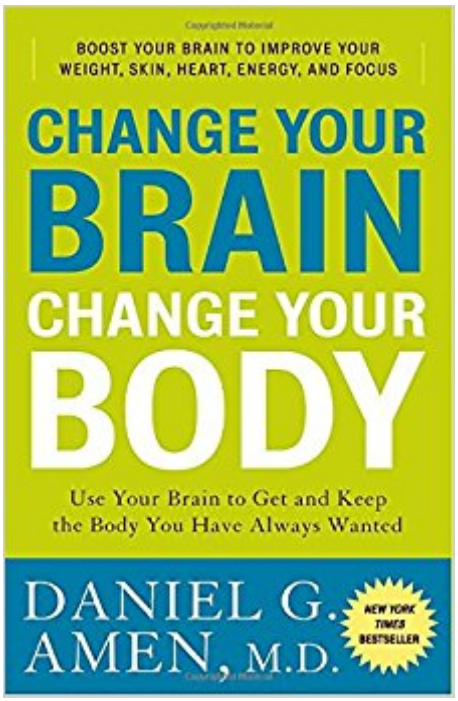
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Change Your Brain, Change Your Body: Use Your Brain To Get And Keep The Body You Have Always Wanted



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Synopsis

The key to a better bodyÃ¢â ¬â •in shape, energized, and youthfulÃ¢â ¬â •is a healthy brain. Based on the latest medical research, as well as on Dr. AmenÃ¢â ¬â„¢s two decades of clinical practice at the reÃ Â- nowned Amen Clinics, where Dr. Amen and his asÃ Â- sociates pioneered the use of the most advanced brain imaging technology, Change Your Brain, Change Your Body shows you how to take the very best care of your brain.With fifteen practical, easy-to-implement solutions involving nutritious foods, natural supplements and vitamins, positive-thinking habits, and, when necesÃ Â- sary, highly targeted medications, Dr. Amen shows you how to:* Reach and maintain your ideal weight* Soothe and smooth your skin at any age * Reduce the stress that can impair your immune system* Sharpen your memory* Increase willpower and eliminate the cravÃ Â- ings that keep you from achieving your exercise and diet goals* Enhance sexual desire and performance* Lower your blood pressure without medication* Avoid depression and elevate the enjoyment you take in lifeÃ¢â ¬â„¢s pleasures.Whether youÃ¢â ¬â„¢re just coming to realize that itÃ¢â ¬â„¢s time to get your body into shape, or are already fit and want to take it to the next level, Change Your Brain, Change Your Body is all you need to start putting the power of the brain-body connection to work for you today.

Book Information

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Customer Reviews

Ã¢â ¬Å“Come on, people, the health of our society is going the wrong way! We can do so much better. Dr. AmenÃ¢â ¬â„¢s groundbreaking work gives us a blueprint for a better brain and a better

body. I highly recommend it.Ã¢â ¬Â• Ã¢â ¬â •BILL COSBYÃ Â Ã¢â ¬Å“Daniel Amen continually demonstrates why he is truly one of the most original thinkers in medicine today. As he correctly points out in his newest book, Change Your Brain, Change Your Body, the brain is the integration center that ultimately controls not only the way we think and feel but also the way we look. More important, he provides the dietary advice that has been clinically demonstrated to improve brain function. If you want to optimize your life, this book is a must-read.Ã¢â ¬Â• Ã¢â ¬â •BARRY SEARS, Ph.D., author of The ZoneÃ Â Ã¢â ¬Å“Buy Change Your Brain, Change Your Body for yourself, the people you love, and your physiÃ Â-cian. . . . This book can save your life, improve the quality of your life, and motivate you in helping those people that you love!Ã¢â ¬Â•Ã¢â ¬â •EARL R. HENSLIN, Psy.D., author of This Is Your Brain on JoyÃ Â Ã¢â ¬Å“Change Your Brain, Change Your Body is a marvelous book. . . . Highly readable and hard to put down, it is packed with insight, information, and practical tools for the care of both adults and children.Ã¢â ¬Â• Ã¢â ¬â •MICHAEL GURIAN, author of The Wonder of Girls and The Wonder of Boys Ã Â Ã¢â ¬Å“Dr. Amen has been my source for a better brain for a long time. I have been a student and a fan, but this is new. If a Ã¢â ¬Ëœbrain boostÃ¢â ¬â„¢ can give me a better body, I say bring it on!Ã¢â ¬Â•Ã¢â ¬â •LEEZA GIBBONSÃ Â Ã¢â ¬Å“In this entertaining and user-friendly book, Dr. Amen gives you a scientifically based, indiÃ Â-vidualized plan for your own brain and body chemistry, helping you optimize every aspect of your health and well-being. No side effectsÃ¢â ¬â •only side benefits!Ã¢â ¬Â• Ã¢â ¬â •HYLA CASS, M.D., coauthor of 8 Weeks to Vibrant HealthÃ Â Ã¢â ¬Å“Change Your Brain, Change Your Body is an essential book for anyone trying to improve their body and their health. By blending cutting-edge research with his wealth of clinical experience, Dr. Amen has presented this material in a way that fully integrates what we know about the connection between the brain and body. Dr. AmenÃ¢â ¬â„¢s unique perspective is a tremendous gift for so many seeking out how to achieve a better state of mind and health.Ã¢â ¬Â• Ã¢â ¬â •ANDREW NEWBERG, M.D., noted brain imaging researcher at the University of Pennsylvania and coauthor of How God Changes Your BrainFrom the Hardcover edition.

DANIEL G. AMEN, M.D., is a clinical neuroscienÃ Â-tist, psychiatrist, and brain imaging expert who heads the world-renowned Amen Clinics. He is a Distinguished Fellow of the American Psychiatric Association and has won several writing and reÃ Â-search awards. He has published twenty-four books, numerous professional and popular articles, and a number of audio and video programs. His books inÃ Â-clude Preventing AlzheimerÃ¢â ¬â„¢s, Healing Anxiety and Depression, Healing the Hardware of the Soul, Healing ADD, Making a Good Brain Great, Sex on the Brain, and the New

York Times bestsellers Change Your Brain, Change Your Life and Magnificent Mind at Any Age. He is an internationally recognized keynote speaker and the star of several very popular public television specials, including Change Your Brain, Change Your Life.From the Hardcover edition.

As a psychologist I am always interested in books that help people improve their health. Dr. Amen's book is an excellent primer on how to improve your brain health. He has extensive knowledge and data on a number of conditions, including attention deficit disorder. He has gathered his clinical data from his own clinics. He has identified various types of attention deficit disorder based on areas of the brain that are affected. I have not seen this classification system anywhere else. His treatment recommendations are specific to the type of attention deficit disorder identified. He maintains that we are not adequately treating attention deficit disorder with our current diagnostic categories. I like the fact that he includes diet, supplements and medications together to improved each client's brain health. Many of his recommendations would be helpful to anyone. I especially like the fact that he encourages everyone to treat their brain health as a special health category and to see many symptoms as unnecessary signs of early aging of the brain.

The book is not bad. There are very interesting information on brain types.The big problem with the book is frankly a lack of focus. You may very well come away with an OMG-now-what feeling. That's because the author attempt to cover many possibilities that contribute to the same problem. Let's say you suffer from anxiety, by the end of the book, you will have been given 50 different things that could have contributed to you experiencing anxiety - and when you try to summarize all those "solutions" it tends to lead you to basic good commons sense: eat well, exercise, don't stress. Great! Now I know how to live.That is not to say that book doesn't give good advice or that it doesn't have added information. But for 80% of the book, you would have already known the common sense information if you paid any remote attention to the usual batch of health and fitness related articles and magazines.The big draw for me to purchase this book is to learn about the different types of brains that Dr. Amen has identified. And how each can be best managed via supplements? I focused in on supplements because I already have fairly good regime when it comes to food and exercise. He does provide the info I seek, but I had to shuffle through different parts of the book to piece the information together. The author did not make that easy. At the end of it, I came up with a one-page of summary from all those scattered writings. I'm OK with it but it is clearly not the best. It also indicate the value of your money, assuming you had some common sense about diets already.The point is, if you don't know a lot of basic information to begin with regarding good eating

and brain habits, then this book will be very valuable. If you know the basics already, you will find information that you've not seen before but it takes some work to extract out the info and it puts to question the real value you are getting.

Awwww, Dr. Amen is AWESOME!! He has dedicated his life's work to help us take care of our Brains!! If you break your leg they are going to x-ray it. They do CAT scans and MRIs and look at everything that may be wrong with us. And now Dr. Daniel Amen does brain scans (he has been doing this for some time now) and do they tell a story or what??!!! It's kind of like when they showed people a black lung from smoking. Everything we do and especially everything we EAT affects our BRAIN. If you care about maintaining your brain and taking care of your body you will buy this book and anything else this great doctor is trying to teach us.

If health is something you concern with, this book can change a lot in your mind only by reading. It expands biology knowledge from school, gives significant motivation and hope. It is NOT another book on how to become slim, even though the name might seem boring. It is actually changing book, because it treats the reasons, not the consequences only. At least it tells how to treat the reasons, if you want to treat them. And thanks to Dr Amen great psychiatric experience, difficult psychiatric conditions are described not in a frightening way, but in an encouraging way to try to deal with for an ordinary reader, not only a medicine expert.

I saw Dr. Amen on a PBS fundraiser and thought what he was saying made a lot of sense, so I purchased this book. There is a lot of info on how the brain works and why, with solid scientific work to back all Dr. Amen's thoughts and theories up. The book is pretty good with listing supplements to help many aliments, but really hammers home the need for exercise and good sleep as keys to better overall health. This is a good read for people with different types of anxiety disorders as it explains things clearly for those who are not or have not looked into possible reasons for varying predicaments. I recommend this book so you can realize a true life changing decision that does not seem like no fun and all work. I definitely see mind and body health in a clearer and more positive way now. Thanks Dr. Amen !

This book is fantastic. Even if you think you are not interested in how the brain works, read it anyway. You will be informed about things that will change your life. You will be overwhelmed with the value of what is offered In addition, when you this book you will think of many friends whom you

know need to read it too.I

Love this book!

This is a great approach to nutritional health. The brain controls the body and diets don’t work unless the brain lets it happen.I have gotten into better health by looking at what is good for my brain and body and planning for nutrition.This is very difficult in a world made toxic by greedy Corporations who put toxins on our food supply with permission from a VERY BRIBED Congress that refuses to represent the people.Considering the condition of our food supply we really need books like this to help us make good choices.

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