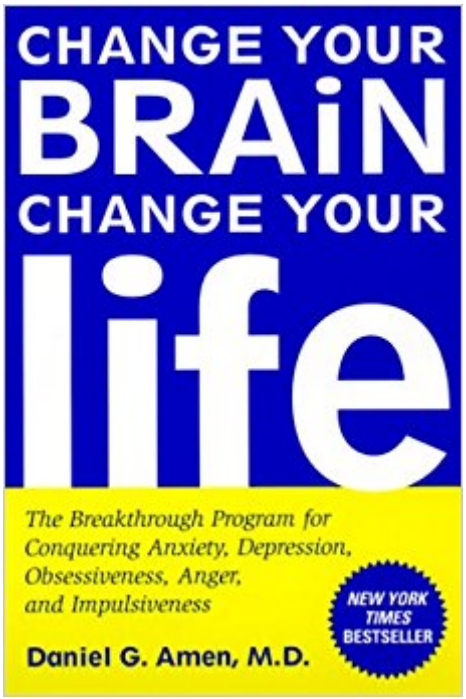
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Change Your Brain, Change Your Life: The Breakthrough Program For Conquering Anxiety, Depression, Obsessiveness, Anger, And Impulsiveness



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Synopsis

BRAIN PRESCRIPTIONS THAT REALLY WORKIn this 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. Here are just a few of neuropsychiatrist Dr. Daniel Amen's surprising--and effective--"brain prescriptions" that can help heal your brain and change your life:To Quell Anxiety and Panic: Ã Â¸Ã Â Ã Â Use simple breathing techniques to immediately calm inner turmoilTo Fight Depression: Ã Â¸Ã Â Ã Â Learn how to kill ANTs (automatic negative thoughts)To Curb Anger: Ã Â¸Ã Â Ã Â Follow the Amen anti-anger diet and learn the nutrients that calm rageTo Conquer Impulsiveness and Learn to Focus: Ã Â¸Ã Â Ã Â Develop total focus with the "One-Page Miracle"To Stop Obsessive Worrying: Ã Â¸Ã Â Ã Â Follow the "get unstuck" writing exercise and learn other problem-solving exercises

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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