

By Daniel G Amen

Making a Good Brain Great Daniel G. Amen, M.D. 2005-10-11 Daniel Amen, M.D., one of the world's foremost authorities on the brain, has news for you: your brain is involved in everything you do—learn to care for it properly, and you will be smarter, healthier, and happier in as little as 15 days! You probably run, lift weights, or do yoga to keep your body in great shape; you put on sunscreen and lotions to protect your skin; but chances are you simply ignore your brain and trust it to do its job. People unknowingly endanger or injure their brains, stress them by working at a frenzied pace and not getting enough sleep, pollute them with caffeine, alcohol, and drugs, and deprive them of proper nutrients. Brain dysfunction is the number one reason people fail at school, work, and relationships. The brain is the organ of learning, working, and loving—the supercomputer that runs our lives. It's very simple: when our brains work right, we work right—and when our brains have trouble, we have trouble in our lives. Luckily, it's never too late: the brain is capable of change, and when you care for it, the results are amazing. Making a Good Brain Great gives you the tools you need to optimize your brain power and enrich your health and your life in the process. The principles and exercises in this book, based on years of cutting-edge neuroscience research and the experiences of thousands of people, provide a wealth of practical information to teach you how to achieve the best brain possible. You will learn: •how to eat right to think right •how to protect your brain from injuries and toxic substances •how to nourish your brain with vitamins and do mental workouts to keep it strong •the critical component of physical exercise, and which kinds work best •how to rid your brain of negative thoughts, counteract stress, and much more Full of encouraging anecdotes from Dr. Amen's many years of experience, Making a Good Brain Great is a positive and practical road map for enriching and improving your own greatest asset—your brain.

Healing ADD at Home in 30 Days Daniel G. Amen 2014-03-01

Stones of Remembrance Daniel G. Amen, MD 2017-11-07 This inspirational companion to Memory Rescue, Dr. Daniel Amen's groundbreaking book, is an invitation to discover the healing power of Scripture meditation and memorization as an intentional spiritual discipline. There is a reason the Bible calls us over and over again to "remember." Remembering God's acts, promises, and guidelines for living is essential to a healthy spiritual life. And as part of regular spiritual practices such as Scripture meditation and memorization, it can contribute to a healthier mind and body as well—reducing stress, increasing brain capacity, and even helping to reverse problems like memory loss. Stones of Remembrance includes: Key Scriptures to memorize and meditate on so they'll always be with you when you need to be inspired, challenged, or comforted An introduction to the biblical and biological basis for "remembrance" as a healthy life habit Tips for incorporating Scripture meditation and memorization into your life and increasing your memory capacity Whether purchased as a gift or as a practical spiritual follow-up to Memory Rescue, Stones of Remembrance is a wonderful resource to help cultivate the healing power of God-focused remembering.

Summary of Daniel G. Amen's You, Happier Everest Media, 2022-04-09T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 Happiness is not reserved for the rich, famous, or beautiful. You can learn how to be happy no matter your age, income, or situation by using practical neuroscience and the seven secrets to happiness no one is talking about. #2 The Don't Worry, Be Happy mindset will make you unhappy and kill you early. You need some anxiety to be happy. Advertisers and fast-food restaurants know what will make you happy. Someplace else will not make you happy. #3 The news constantly floods our brains with negative stories in an effort to boost their ratings and

profits. These companies succeed in raising our stress hormones, which can shrink the major mood and memory centers in our brains. #4 The idea that money makes you happy is false. Money can change your circumstances to a certain point, but money doesn't help much once you have your basic needs met. When wealthy people were asked what they needed to be a perfect 10 in happiness, most said 2 to 10 times more.

Emotional Freedom Journal Daniel G. Amen
2025-09

Summary of Daniel G. Amen's Feel Better Fast and Make It Last

Everest Media, 2022-03-26T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 Amen Clinics are unique in their focus on the brain as the source of many of their patients' problems. They always begin by addressing the brain's physical function, and then move on to how it is programmed. #2 The author, an intern at the Walter Reed Army Medical Center in Washington, was assigned to help a patient who was in pain and afraid of the IV needle. He tried to help the patient relax, and after some coaxing, she agreed to let him help her. #3 I had taken a monthlong elective in hypnosis in medical school. I had watched a film of an Indian psychiatrist who had put a patient in a hypnotic trance and had her dilate a vein in her hand. The doctor stuck a needle through the vein and then removed it, causing blood to flow out of both sides of the vein. #4 The fight-or-flight response is hardwired into our bodies to help us survive. It is activated whenever a stress appears, such as what happened to Beth in the emergency room. However, when stress becomes chronic, such as if you live in a war zone, grow up in an unpredictable alcoholic home, are sexually molested over time, or have financial worries, your nervous system becomes overactive.

Healing ADD Daniel G. Amen 2001-02-19 Attention Deficit Disorder (ADD) is a national health crisis that continues to grow—yet it remains one of the most misunderstood and incorrectly treated illnesses today. Now, using breakthrough diagnostic techniques, Dr. Daniel Amen has discovered that there are six distinct types of ADD, each requiring a different treatment. With recommendations for

prescription drugs, nutraceutical therapy, cognitive reprogramming, parenting and educational strategies, biofeedback, self-hypnosis and more, Dr. Amen's revolutionary approach provides a treatment program that can lead sufferers of ADD to a normal, peaceful, and fully functional life. Sufferers from ADD often say, "The harder I try, the worse it gets." Dr. Amen tells them, for the first time, how to get well.

Therapy in a Box Workbook Daniel G. Amen
2019

This Is Your Brain in Love Earl Henslin
2010-01-11 Make your marriage the best it can be by learning the secrets of proactive passion. Using the latest in brain research, *This Is Your Brain in Love* helps couples become Master Level Lovers by encouraging each mate to bring their healthiest, most balanced and joyful self to their marriage. Dr. Henslin speaks to the vital connection between spirituality and sexuality. He identifies the five types of lovers, with ground-breaking insights and effective solutions for the challenges presented by each: Scattered Lover Over-focused Lover Blue Mood Lover Agitated Lover Anxious Lover Filled with relatable stories and humor, this is not your boring brain book! Engaging and practical, Dr. Henslin provides an amazingly accurate, scientifically-based brain test to help spot typical brain imbalances. (And yes, most everyone has at least one!) Bonus material offers brain-researched strategies and new hope for women dealing with hormones and men struggling with sexual addictions.

Healing ADD Brain Type Test Daniel G. Amen
2014-03-01

Healing Anxiety and Depression Daniel G. Amen, M.D. 2004-12-07 Based on brain-imaging science, *Healing Anxiety and Depression* reveals the major anxiety and depression centers of the brain, offers tools to determine the specific type of disorder, and provides a comprehensive program for treating both anxiety and depression. Dr. Daniel Amen—a pioneer in uncovering the connections between the brain and behavior—presents his revolutionary approach to treating anxiety and depressive disorders. Based on brain science—and featuring treatment plans that include medication, diet, supplements, exercise, and social and

therapeutic support—this groundbreaking book will help you conquer these potentially devastating disorders and change the way you think about anxiety and depression. Healing Anxiety and Depression: • Reveals 7 different types of anxiety and depression • Provides proven-effective treatment plans for each type • Explains the source of anxiety and depression through brain images • Includes a self-diagnostic test to determine your type “Help and hope for anyone who has struggled with anxiety and depression.”—John Gray, Ph.D.

Conquer Worry and Anxiety Daniel G. Amen, MD 2020-04-07 You can overcome worry and anxiety today. It is possible to feel better fast—and to make it last. Many people, mental health professionals included, think therapy needs to be long, hard, and painful—a lifelong commitment. And while some people will need help longer than others, it is often possible for people to start feeling better right now. If you engage in the right behaviors and strategies, you'll optimize your brain health—and see the benefits in your everyday life. In *Conquer Worry and Anxiety*, renowned psychiatrist Dr. Daniel G. Amen will guide you to lasting change, teaching you how to make decisions that serve your brain's health and set you on a path to a happier, healthier, and more grateful life. With a down-to-earth style that makes modern neuroscience understandable and actionable, he gives you: 25 simple and effective ways to calm anxiety A plan for overcoming negative thoughts so you feel peaceful and present Techniques and habits for stress management, relaxation, and wellness You don't need to remain trapped by anxiety, depression, and overwhelming emotions. Each of us can make small changes that, over time, create amazing results.

Change Your Brain, Change Your Body

Daniel G. Amen, M.D. 2010-02-16 THE KEY TO A BETTER BODY—in shape, energized, and youthful—is a healthy brain. With fifteen practical, easy-to-implement solutions involving nutritious foods, natural supplements and vitamins, positive-thinking habits, and, when necessary, 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 cravings 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 life's pleasures. Based on the latest medical research, as well as on Dr. Amen's two decades of clinical practice at the renowned Amen Clinics, where Dr. Amen and his associates 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. Whether you're just coming to realize that it'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.

Unchain Your Brain Daniel G. Amen 2010-06-16 "In this book, you will discover: how addictions get stuck in your brain, how to get them unstuck, and how to find lasting motivation to change; why brain imaging changes everything, even if you never get a scan; how to get the right evaluation to ensure that you can heal from your addictions; the six different types of addiction based on brain types : why all addicts are NOT the same and how to find the best treatment solutions for you based on your brain type; strategies to boost your brain to get control; ways to lock up the craving monster that steals your life; tips to eat right to think right and heal from your addiction; how to kill the addiction ANTs that infest your brain and keep you in chains; ways to prevent relapse by following H-A-L-T plus brain science; how hypnosis and meditation can help you unchain your brain, including a 12-minute meditation and a real hypnosis session done by Dr. Amen"--Website: <http://store.amenclinics.com/books/unchain-your-brain-10-steps-to-breaking-the-addictions-that-steal-your-life>.

Workbook & Journal for Dr. Daniel G.

Amen's YOUR BRAIN IS ALWAYS

LISTENING Health Matters 2021-03-16

Workbook and journal for Dr. Daniel Amen Your Brain Is Always Listening. Information in this book is meant for educational and entertainment purposes only. This book is unofficial and unauthorized In Your Brain Is Always Listening,

Dr. Daniel Amen shows you how to recognize harmful dragons and gives you the weapons to vanquish them. With these practical tools, you can stop feeling sad, mad, nervous, or out of control and start being happier, calmer, and more in control of your own destiny. Use this Journal & Workbook for Dr. Daniel Amen' Your Brain Is Always Listening to answer some questions to help you understand the main book. In short, here's all the help you need to put Dr. Daniel' book to work for you. Why not get started today?

Change Your Brain, Change Your Life

Instaread 2016-05-03 Change Your Brain, Change Your Life by Daniel G. Amen | Summary & Analysis Preview: Change Your Brain, Change Your Life by psychiatrist Daniel D. Amen is a non-fiction book based on the idea that brain functioning can be improved, and such improvement can drastically change lives for the better. Amen's approach to healing the brain is based on more than 100,000 scans he and his colleagues have conducted at the Amen Clinics, a medical facility that adopts an integrated approach to brain health. Amen's methodology centers on the pioneering use of brain imaging utilizing single photon emission computed tomography, or SPECT, as well as appropriate treatment and brain-boosting habits. The results of this approach are increased happiness and success, improved relationships, and greater levels of health. The brain is the organ that governs every facet of human consciousness, including how we talk, feel, learn, create, move, relate, behave, and comprehend and respond to the world around us. To gain a clearer picture of brain function, some doctors and researchers... PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Inside this Instaread Summary of Change Your Brain, Change Your Life · Overview of the book · Important People · Key Takeaways · Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience.

Change Your Brain, Change Your Body Daily Journal Daniel G. Amen 2010-01-01
Change Your Brain, Change Your Life Daniel

G. Amen, M.D. 2008-06-10 BRAIN PRESCRIPTIONS THAT REALLY WORK In 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: 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

Summary of Daniel G. Amen's Healing ADD Revised Edition

Everest Media, 2022-03-31T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 I have lived with ADD, and I know what it is like. I have had trouble holding a small child because she is in constant motion, I have had to chase a child through the store, and I have had to repeat myself 32 times to get a child up in the morning. #2 I adored Antony, my adopted son, but his room was a mess. I used to ask him if he planned to have his room that messy. His handwriting was a mess and a half hour of homework took him three hours to do. #3 When Kaitlyn was three years old, her psychologist diagnosed her with ADD. The treatment for ADD helped Kaitlyn significantly. It also helped me understand my own anxiety and focus issues. #4 Breanne's learning struggles had nothing to do with her intelligence. The low activity in her brain was limiting the access she had to her own brain. I had her continue with the low dose of medicine along with some supplements.

Two Minutes a Day to a Lifetime of Love

Daniel G. Amen 1996-07-15 Many people think that you must put in a lot of time to develop and maintain a relationship, but Dr. Daniel Amen says that taking just two minutes out of each day to really focus on what is important can keep a

relationship healthy and happy. Amen shows couples how to communicate, negotiate, set goals together and achieve those goals with candid and easy-to-follow advice.

By Daniel G Amen

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