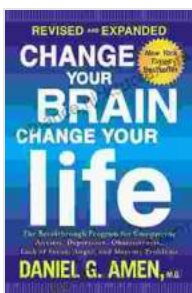


# Change Your Brain, Change Your Life: Revised and Expanded: How to Use Brain Science to Get More of What You Want and Less of What You Don't

By Dr. Daniel Amen

**Change Your Brain, Change Your Life** is a groundbreaking book that provides a comprehensive understanding of how the brain works and how to use this knowledge to improve your life. This revised and expanded edition includes the latest research on brain imaging, as well as new chapters on addiction, resilience, and the brain's role in creativity.

Dr. Amen is a world-renowned brain scientist and psychiatrist who has spent over 30 years studying the brain. He has written over 30 books and appeared on numerous television shows, including The Oprah Winfrey Show, The Today Show, and Good Morning America.



## 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

★★★★☆ 4.5 out of 5

Language : English  
File size : 69680 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 476 pages



In **Change Your Brain, Change Your Life**, Dr. Amen explains how the brain is like a computer that can be programmed to create the life you want. He provides seven principles that you can use to change your brain and your life, including:

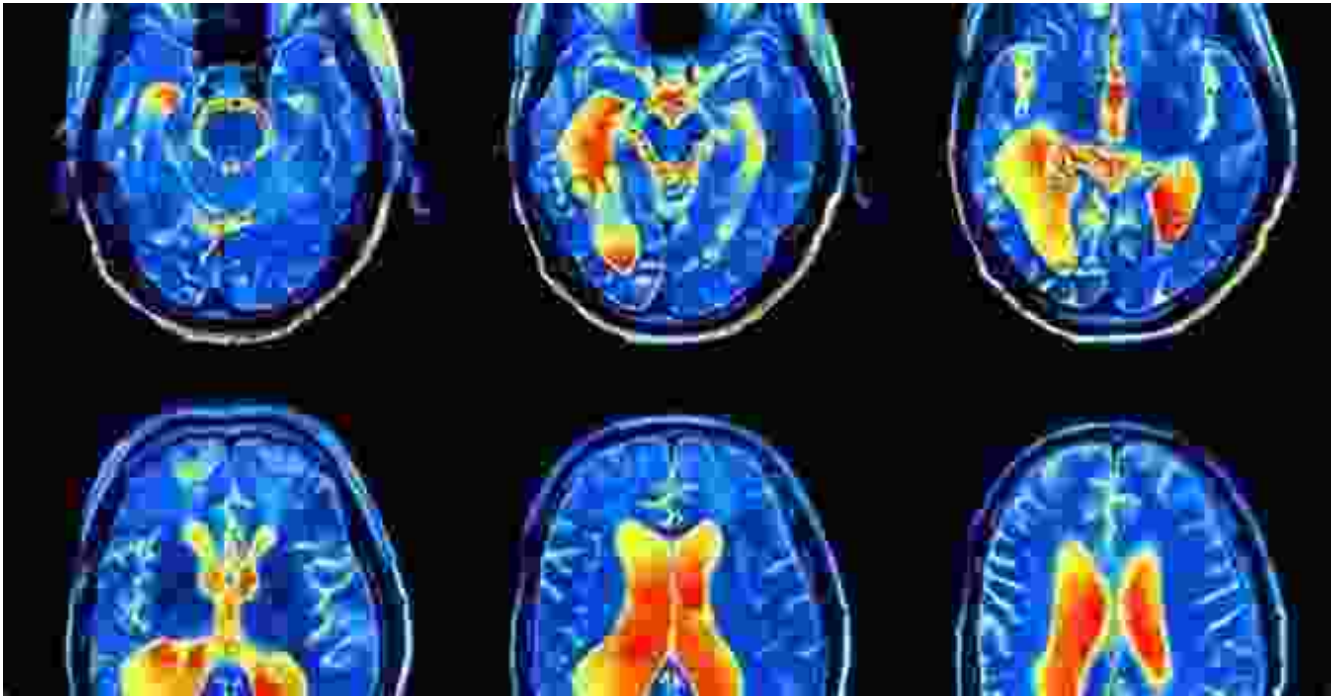
1. Focus on the positive.
2. Exercise your brain.
3. Eat a healthy diet.
4. Get enough sleep.
5. Manage stress.
6. Connect with others.
7. Find your purpose.

Dr. Amen also provides specific exercises that you can do to improve your brain function, including:

- **Brain Breaks:** Take short breaks throughout the day to give your brain a chance to rest.
- **Brain Games:** Play games that challenge your brain, such as puzzles, crosswords, and Sudoku.
- **Meditation:** Practice meditation to reduce stress and improve focus.
- **Mindfulness:** Pay attention to your thoughts and feelings without judgment.

- **Gratitude:** Express gratitude for the good things in your life.

**Change Your Brain, Change Your Life** is a powerful book that can help you improve your brain function and create the life you want. If you are looking for a way to improve your mental health, increase your productivity, or simply live a happier and more fulfilling life, this book is for you.



### **Praise for Change Your Brain, Change Your Life**

"This book is a must-read for anyone who wants to improve their life. Dr. Amen provides a wealth of information about the brain and how it works, and he offers practical advice that can help you make positive changes in your life." —**Oprah Winfrey**

"Change Your Brain, Change Your Life is a groundbreaking book that will change the way you think about your brain and your potential. Dr. Amen's

research is cutting-edge, and his insights are practical and actionable." —

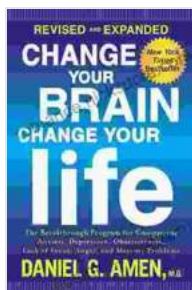
**Dr. Mehmet Oz**

"This book is a game-changer. Dr. Amen's research shows that we can actually change our brains for the better, and he provides a clear roadmap for how to do it." — **Tony Robbins**

## About the Author

Dr. Daniel Amen is a world-renowned brain scientist and psychiatrist. He is the founder of Amen Clinics, the world's largest provider of brain imaging and brain health services. Dr. Amen has written over 30 books and appeared on numerous television shows, including The Oprah Winfrey Show, The Today Show, and Good Morning America.

Dr. Amen's research has been published in over 100 scientific journals, and he has received numerous awards for his work on brain health. He is a Fellow of the American Psychiatric Association and the American Academy of Neurology. Dr. Amen is also a member of the National Academy of Neuropsychology.



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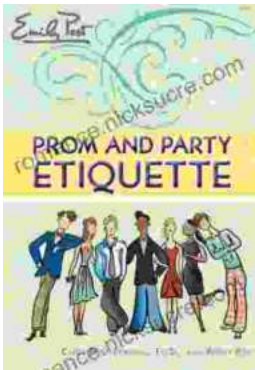
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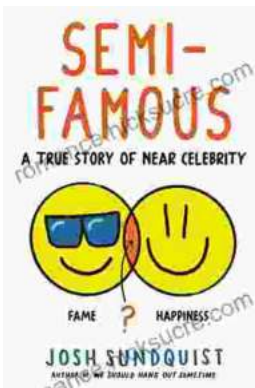
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