

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

Daniel G. Amen - pdf download free book

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**Description:**

**Review** "Come on, people, the health of our society is going the wrong way! We can do so much better. Dr. Amen's groundbreaking work gives us a blueprint for a better brain and a better body. I

highly recommend it.”

—BILL COSBY

“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.”

—BARRY SEARS, Ph.D., author of *The Zone*

“Buy *Change Your Brain, Change Your Body* for yourself, the people you love, and your physician. . . . This book can save your life, improve the quality of your life, and motivate you in helping those people that you love!”

—EARL R. HENSLIN, Psy.D., author of *This Is Your Brain on Joy*

“*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.”

—MICHAEL GURIAN, author of *The Wonder of Girls* and *The Wonder of Boys*

“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 ‘brain boost’ can give me a better body, I say bring it on!”

—LEEZA GIBBONS

“In this entertaining and user-friendly book, Dr. Amen gives you a scientifically based, individualized plan for your own brain and body chemistry, helping you optimize every aspect of your health and well-being. No side effects—only side benefits!”

—HYLA CASS, M.D., coauthor of *8 Weeks to Vibrant Health*

“*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. Amen’s unique perspective is a tremendous gift for so many seeking out how to achieve a better state of mind and health.”

—ANDREW NEWBERG, M.D., noted brain imaging researcher at the University of Pennsylvania and coauthor of *How God Changes Your Brain*

*From the Hardcover edition.*

**About the Author** DANIEL G. AMEN, M.D., is a clinical neuroscientist, 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 research awards. He has published twenty-four books, numerous professional and popular articles, and a number of audio and video programs. His books include *Preventing Alzheimer’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*.

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