



Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness

Daniel G. Amen

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Do you panic at the thought of walking into a room full of people you don't know? Do you feel as if a cloud of gloom is always hovering over your head? Do you have the same negative thoughts over and over? Are you so easily distracted that you often can't finish a project? Do you fly off the handle at your spouse for no good reason? Do you have trouble connecting meaningfully with other people? If you've been struggling to overcome a problem like these without success--perhaps you've even tried therapy but given up--it probably isn't for lack of trying, thinking, or motivation; you just didn't have the right answers or the right tools. Now you do.

In his pioneering new book, **Change Your Brain, Change Your Life**, Dr. Amen explains how you can "optimize" your brain to achieve your fullest potential. Using state-of-the-art brain imaging technology, Dr. Amen has spent the last decade helping thousands of patients understand how the way their brains are wired can affect their thoughts and emotions. He explains which brain systems are associated with particular problems, gives detailed checklists to help you pinpoint your problems, and offers specific yet simple "brain prescriptions" (cognitive exercises, nutrition, medication, and more) to help actually enhance brain function and heal each problem.

Many of the difficulties associated with anxiety, depression, excessive worrying, anger, and distraction are related to five specific systems in the brain. Dr. Amen explains how these systems work and how malfunctions can affect your behavior. If you've always believed that you were just going to have to live with the way you are, you'll be amazed by the vivid before-and-after brain scans of some of the thousands of patients that have been successfully treated at the Amen Clinic--visual proof that the right treatment can help you. You certainly don't need a brain scan to understand the basis of your particular problem or implement the correct solution, but these striking images will inspire you to make meaningful and effective changes. Seeing is believing!

Brain Prescriptions That Really Work

See the Anxious Brain * See the Depressed Brain * See the Angry Brain * See the Impulsive Brain * See the Worried Brain

In this breakthrough book, you'll see scientific evidence that your anxiety, depression, anger, obsessiveness, or impulsiveness could be related to how specific structures in your brain work. But you're not stuck with the brain you're born with. Here are just a few of neuro-psychiatrist Dr. Daniel Amen's surprising--and effective--"brain prescriptions" that can help heal your brain and change your life:

To quell anxiety and panic:

Follow the 18/40/60 rule

Use simple breathing techniques to immediately calm inner turmoil

Learn which foods calm anxiety

To fight depression:

Learn how to kill ANTs (automatic negative thoughts)

Build a library of wonderful emotional experiences

Surround yourself with antidepressant fragrances

To curb anger:

Follow the Amen anti-anger diet

Learn the nutrients that can calm rage

Let Mozart calm you

To conquer impulsiveness and learn to focus:

Develop total focus with the "One-Page Miracle"

Use lights and sounds to stay focused

Get coaching from a professional organizer

To Stop obsessive worrying:

Learn the nutrients and foods that help

Follow the "get unstuck" writing exercise

Do simple problem-solving exercises

When your brain doesn't work right, you can't work right. With its easy-to-follow program and compelling evidence that you can actually retrain your brain to work more optimally, this breakthrough book will help you make lasting changes.

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Melody Grissom:

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