

By Daniel G Amen

A proven program from #1 New York Times bestselling author and brain researcher Dr. Daniel Amen to help you change your brain and improve your memory today!

Brain imaging research demonstrates that memory loss actually starts in the brain decades before you have any symptoms. Learn the actions you can take to help not just prevent memory loss later in life . . . but to begin restoring the memory you may have already lost. Expert physician Dr. Amen reveals how a multipronged strategy—including dietary changes, physical and mental exercises, and spiritual practices—can improve your brain health, enhance your memory, and reduce the likelihood that you'll develop Alzheimer's and other memory loss-related conditions. Keeping your brain healthy isn't just a medical issue; it's a God-given capacity and an essential building block for physical, emotional, and spiritual health. Take action against the fast-increasing memory crisis that threatens this crucial part of who you are—and help your brain, body, and soul stay strong for the rest of your life.

If you want to feel happier, more optimistic, more joyful, and resilient, Dr. Amen's groundbreaking new book is for you. We've all felt anxious, sad, traumatized, grief-stricken, stressed, angry, or hopeless at some point in life. It's perfectly normal to go through emotional crises or have periods when you feel panicked or out of sorts. It is how you respond to these challenges that will make all the difference in how you feel—not just immediately, but also in the long run. Unfortunately, many people turn to

self-medicating behaviors, such as overeating, drugs, alcohol, risky sexual behavior, anger, or wasting time on mindless TV, video games, Internet surfing, or shopping. And even though these behaviors may give temporary relief from feeling bad, they usually only prolong and exacerbate the problems—or cause other, more serious ones. Is it possible to feel better—and make it last? Renowned physician, psychiatrist, brain-imaging researcher, and founder of Amen Clinics Dr. Daniel Amen understands how critical it is for you to know what will help you feel better fast, now and later. In *Feel Better Fast and Make It Last*, you'll discover new, powerful brain-based strategies to quickly gain control over anxiety, worry, sadness, stress and anger, strengthening your resilience and giving you joy and purpose for a lifetime.

#1 New York Times bestselling author Dr. Daniel Amen reveals the seven neuroscience secrets to becoming more than 30 percent happier in just 30 days--regardless of your age, upbringing, genetics, or current situation. Happiness is a brain function. With a healthier brain always comes a happier life. After studying more than 200,000 brain scans of people from 155 countries, Dr. Amen has discovered five primary brain types and seven neuroscience secrets that influence happiness. In *You, Happier*, he explains them and offers practical, science-based strategies for optimizing your happiness. Dr. Amen will teach you how to discover your brain type based on your personality and create happiness strategies best suited to you; improve your overall brain health to consistently enhance your mood; protect your

happiness by distancing yourself from the "noise" in your head; and make seven simple decisions and ask seven daily questions to enhance your happiness. Creating consistent happiness is a daily journey. In *You, Happier*, Dr. Amen walks you through neuroscience-based habits, rituals, and choices that will boost your mood and help you live each day with clearly defined values, purpose, and goals.

A breakthrough approach to optimize your brain, change your habits, and succeed in school, from a renowned neuroscientist and bestselling author of *Change Your Brain, Change Your Life* Do you feel like you should be getting better grades? Are you spending more time studying than the A students in your class but not getting the same results? Are you heading back to school after a long break and need a refresher to get more done in less time? With schools becoming more competitive and technology becoming increasingly distracting, today's students face a minefield of obstacles to academic success. Doing well in school isn't just a matter of smarts or more studying: It takes good habits, practical tools—and a healthy brain. Brain health pioneer Dr. Daniel Amen knows what it takes to get the brain ready to succeed. *Change Your Brain, Change Your Grades* draws on Dr. Amen's experience as a neuroscientist and psychiatrist as well as the latest brain science to help you study more effectively, learn faster, and stay focused so you can achieve your academic goals. This practical guide will help you:

- Discover your unique brain type and learning style
- Kick bad habits and adopt smarter study practices
- Get more out of your classes with less

overall study time • Memorize faster and remember things longer • Increase your confidence and beat stress For underachievers, stressed-out studiers, and students from middle school to college and beyond, *Change Your Brain, Change Your Grades* gives you the knowledge and tools you need to get the best out of yourself. Introduces a system for transforming one's life by improving the health of the brain, healing ailments ranging from depression to insomnia without medication, and enhancing motivation, creativity, impulse control, and social skills.

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

New York Times bestselling author Dr. Daniel Amen equips you with powerful weapons to battle the inner dragons that are breathing fire on your brain, driving

unhealthy behaviors, and robbing you of joy and contentment. Your brain is always listening and responding to these hidden influences and unless you recognize and deal with them, they can steal your happiness, spoil your relationships, and sabotage your health. This book will teach you to tame the: 1. Dragons from the Past that ignite your most painful emotions; 2. Negative Thought Dragons that attack you, fueling anxiety and depression; 3. They and Them Dragons, people in your life whose own dragons do battle with yours; 4. Bad Habit Dragons that increase the chances you'll be overweight, overwhelmed, and an underachiever; 5. Addicted Dragons that make you lose control of your health, wealth, and relationships; 6. Scheming Dragons, advertisers and social media sites that steal your attention. 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. Self-defeating behavior plagues many people, making it impossible for them to be as successful as they could be. Using questionnaires and exercises to help turn one's career and personality around, this guide shows readers 27 self-sabotaging characteristics, ways to conquer self-defeating behavior, nine rules for defining success, and much more.

A revised edition of the New York Times bestseller that will help you conquer ADD—from the author of *The End of Mental Illness*. 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. Neuropsychiatrist Daniel G. Amen, MD was one of the first to identify that there are multiple types beyond just purely hyperactive or inattentive ADD, each requiring a different treatment. Now, in this all-new, revised edition, Dr. Amen again employs the latest medical advances in the field, including the largest brain imaging study ever completed on patients with ADD, to identify, examine, and demystify the 7 distinct types of ADD and their specific treatments. With updated recommendations for nutraceuticals and/or medications targeted to brain type, diet, exercise, lifestyle interventions, cognitive reprogramming, parenting and educational strategies, neurofeedback, 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, why, and more importantly how to heal ADD.

Daniel Amen and The Amen Clinics have become widely known and respected across America and internationally via television, print, and the online world reaching millions of viewers and consumers each year. We now have the wonderful opportunity to publish a line of health care books under the Amen Clinics imprimatur. #1 New York Times bestselling author, Daniel Amen, will write a foreword for each book and promote the book through all of his channels (mailing list, newsletter, social media). The first book we will be publishing is Concussion

Rescue, which will give readers the natural and effective protocols for healing from traumatic brain injury. In Concussion Rescue, Dr. Kabran Chapek shares the programs and protocols that he uses at the Amen Clinics to put patients on the pathway to healing from traumatic brain injury. From general assessment using sophisticated tools (SPECT imaging, MRIs and CAT scans) to very specific blood tests (out-of-balance lab values in blood can point to symptoms of brain injury and may explain why the brain is not healing), Dr. Chapek guides readers to getting the proper medical care. He shares the cutting edge and most effective treatments for acute traumatic brain injury, as well as chronic traumatic brain injury, and provides the most powerful natural treatments including diet and supplements. Concussion Rescue will be an invaluable and potentially lifesaving resource for athletes, parents of student athletes, coaches, and anyone who suffers a mild or severe brain injury.

A breakthrough, easy-to-follow brain-based program to lose weight and keep it off—for the rest of your life—from the bestselling author of *Change Your Brain, Change Your Body*, *Magnificent Mind at Any Age*, and *Change Your Brain, Change Your Life* Have you tried diet after diet without success? Want to know the two major secrets why most diets don't work? The #1 secret is that most weight problems occur between your ears, not in your stomach. If you want a better body the first place to always start is by having a better brain. Secret #2 is that there isn't just one brain pattern associated with being overweight; there are at least five patterns. Giving

everyone the same diet plan will make some people better, and a lot of people worse. Finding the right plan for your individual brain type is the key to lasting weight loss. In *The Amen Solution* bestselling author and brain expert Dr. Daniel Amen shares his one-of-a-kind brain-based program that helps you lose weight, improve your memory, and boost your mood at the same time. This is the same program offered at the world-renowned Amen Clinics that has already helped thousands of people lose the love handles and muffin tops. Based on the most up-to-date research, Dr. Amen shows you how to •

Determine your individual brain type so you can find the plan that will work for you • Say goodbye to emotional overeating to shed pounds • Curb your cravings and boost willpower • Improve your brainpower, memory, and mood • Make small lifestyle changes that have a huge impact on weight loss • Prepare easy, delicious brain-healthy meals Packed with insight, motivation, and everything you need to get started right away, *The Amen Solution* will help you lose unwanted weight and teach you the strategies to keep it off for a lifetime.

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.

New hope for those suffering from conditions like depression, anxiety, bipolar disorder, addictions, PTSD, ADHD and more. Though incidence of these conditions is skyrocketing, for the past four decades standard treatment hasn't much changed, and success rates in treating them have barely improved, either. Meanwhile, the stigma of the "mental illness" label--damaging and devastating on its own--can often prevent sufferers from getting the help they need. Brain specialist and bestselling author Dr. Daniel Amen is on the forefront of a new movement within medicine and related disciplines that aims to change all that. In *The End of Mental Illness*, Dr. Amen draws on the latest findings of neuroscience to challenge an outdated psychiatric paradigm and help readers take control and improve the health of their own brain, minimizing or reversing conditions that may be

preventing them from living a full and emotionally healthy life. The End of Mental Illness will help you discover: Why labeling someone as having a "mental illness" is not only inaccurate but harmful Why standard treatment may not have helped you or a loved one--and why diagnosing and treating you based on your symptoms alone so often misses the true cause of those symptoms and results in poor outcomes At least 100 simple things you can do yourself to heal your brain and prevent or reverse the problems that are making you feel sad, mad, or bad How to identify your "brain type" and what you can do to optimize your particular type Where to find the kind of health provider who understands and uses the new paradigm of brain health

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. 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 life. Each of us can make small changes that, over time, create amazing results.

Change Your Brain, Change Your Life
The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness
Harmony
An introduction to brain SPECT imaging and brain-behavior relationships. Contains images on a wide variety of neuropsychiatric disorders, including dementia, brain trauma, depression, anxiety, ADD, PMS, aggression, and drug abuse.

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. Originally published in hardcover in 2016 by New American Library.

New York Times bestselling author Dr. Daniel Amen equips you with powerful weapons to battle the inner dragons that are breathing fire on your brain, driving unhealthy behaviors, and robbing you of joy and contentment. Your brain is always listening and responding to these hidden influences and unless you recognize and deal with them, they can steal your happiness, spoil your relationships, and sabotage your health. This book will teach you to tame the: 1. Dragons from the Past that ignite your most painful emotions; 2. Negative Thought Dragons that attack you, fueling anxiety and depression; 3. They and Them Dragons, people in your life whose own dragons do battle with yours; 4. Bad Habit Dragons that increase the chances you'll be overweight, overwhelmed, and an underachiever; 5. Addicted Dragons that make you lose control of your health, wealth, and relationships; 6. Scheming Dragons, advertisers and social media sites

that steal your attention. 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. Drawing on studies that contend that anxiety and depression are related to brain dysfunction, a guide to understanding and treating related disorders identifies seven anxiety and depression types while outlining a comprehensive treatment program for each. Reprint. *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.

Most psychological disorders involve distressful emotions, yet emotions are often regarded as secondary in the etiology and treatment of psychopathology. This book offers an alternative model of psychotherapy, using the patient's emotions as the focal point of treatment. This unique text approaches emotions as the primary source of intervention, where emotions are appreciated, experienced, and learned from as opposed to being regulated solely. Based on the latest developments in affective neuroscience, Dr. Stevens applies science-based interventions with a sequential approach for helping patients with psychological disorders. Chapters focus on how to use emotional awareness, emotional validation, self-compassion, and affect reconsolidation in therapeutic practice. Interventions for specific emotions such as anger, abandonment, jealousy, and desire are also addressed. This book is essential reading for clinicians practicing psychotherapy, social workers and licensed mental health counselors, as well as anyone interested in the emotional science behind the brain. The best-selling author of Change Your Brain offers a practical guide to enhancing one's love life, presenting

up-to-date information, helpful advice and techniques, and twelve important lessons based on the latest research into brain science. Reprint. 30,000 first printing. This enhanced eBook edition includes the full text of the book with full-color illustrations and photographs plus more than twenty minutes of video* from the popular PBS special Use Your Brain to Change Your Age. From the bestselling author and PBS star, a brain healthy program to turn back the clock, and keep your mind sharp and your body fit. A healthy brain is the key to staying vibrant and alive for a long time, and in Use Your Brain to Change Your Age, bestselling author and brain expert Dr. Daniel G. Amen shares ten simple steps to boost your brain to help you live longer, look younger, and dramatically decrease your risk for Alzheimer's disease. Over the last twenty years at Amen Clinics, Dr. Amen has performed more than 70,000 brain scans on patients from ninety different countries. His brain imaging work has taught him that our brains typically become less active with age and we become more vulnerable to memory problems and depression. Yet, one of the most exciting lessons he has learned is that with a little forethought and a brain-smart plan, you can slow, or even reverse, the aging process in the brain. Based on the approach that has helped thousands of people at Amen Clinics along with the most cutting-edge research, Dr. Amen's breakthrough, easy-to-follow antiaging program shows you how to improve

memory, focus, and energy; keep your heart and immune system strong; and reduce the outward signs of aging. By adopting the brain healthy strategies detailed in *Use Your Brain to Change Your Age*, you can outsmart your genes, put the brakes on aging, and even reverse the aging process. If you change your brain, you can change your life—and your age. *Video may not play on all readers. Check your user manual for details.

Counsels readers on how to tap the potential of the mind-body connection to improve overall health, outlining 18 strategies for such areas as improving willpower, decreasing stress and balancing hormones. Reprint. A best-selling book.

The author's approach to depression, anxiety, and obsessive-compulsive disorder demonstrates how to strengthen sections of the brain connected to spiritual well-being through exercise, meditation, and breathing techniques.

Outlines a ten-week program for losing weight by establishing healthy brain habits, drawing on up-to-date research to provide coverage of diet, exercise, and supplements.

Outlines a step-by-step program for women to improve health and well-being by addressing the unique needs of the female brain, answering common questions in areas ranging from fertility and menopause to weight and stress.

Offers a practical guide to enhancing one's love life,

presenting up-to-date information, helpful advice and techniques, and twelve important lessons based on the latest research into brain science.

In this fully updated and revised edition, a physician, teacher, and New York Times bestselling author discusses the latest advances in the field of neurology that can help identify and treat the 7 different types of ADD. Original. 75,000 first printing. Presents a companion to a PBS special that outlines an anti-aging program for retaining youthful mental clarity, improving energy, and strengthening the immune system.

In the NFL, quarterbacks are kings. The right QB becomes the face of a franchise and marches his team-- and millions of fans-- on a glorious winning odyssey. The wrong QB leads his team to losses, infighting, second-guessing, and fan misery. A few become legends. Feinstein takes us inside the rarified world with five men who have achieved the highest levels in the NFL: Andrew Luck, Alex Smith, Joe Flacco, Doug Williams and Ryan Fitzpatrick. From college stardom to the NFL draft, from taking command of the huddle to marching a team down the field with a nation of fans cheering, you'll go inside the locker room and the huddle, the heat of battle, and the press conferences afterward. -- adapted from jacket.

"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>. Drs. William Rodman Shankle and Daniel G. Amen reveal the latest research and treatment methods for preventing, delaying, and treating the devastation of Alzheimer's disease.

It all starts with your brain: how you think, how you feel, how you interact with others, and how well you succeed in realizing your goals and dreams. When your brain works right, so do you. When it's out of balance, you feel frustrated, or worse. Yet amid all the advice that bombards us daily about how to keep the rest of our body strong and healthy, we hear very

little about how to keep the most complex and magnificent organ of all—the human brain—in top working order. Based on the most up-to-date research, as well as on Dr. Daniel Amen’s more than twenty years of treating patients at the Amen Clinics, where he and his associates pioneered the use of brain imaging in clinical practice, *Magnificent Mind at Any Age* does exactly that. Dr. Amen shows how many of the traditional approaches to overcoming the mind-centered challenges that hold us back—try harder, work longer, find the sheer willpower—either do not work or may make our problems worse. The true key to satisfaction and success at any age is a healthy brain. By optimizing our brain function we can all develop these qualities of a magnificent mind enjoyed by the world’s most successful and happiest people:

- Increased memory and concentration
- The ability to maintain warm and satisfying relationships
- Undiminished sexual desire and performance
- Goal-oriented perseverance
- Better impulse control and mastery over potential addictions
- Free-flowing creativity and the ability to relax and enjoy life’s pleasures

To achieve this, as Dr. Amen explains here in clearly accessible language, we have a range of options available, including proper diet, natural supplements and vitamins, exercise, positive thinking habits, and, if needed, medication. In addition to revealing how we can all take advantage of such strategies to enjoy

the benefits of a balanced and healthy brain at every stage of our lives, Dr. Amen also pinpoints specific ways to tailor behavior, nutrition, and lifestyle to deal effectively with common mental challenges such as memory problems, anxiety and depression, attention deficit disorder, and insomnia. Whether you're in the midst of a demanding career or are looking forward to an active and richly rewarding retirement, *Magnificent Mind at Any Age* can give you the edge you need to live every day to your fullest potential. This book is about discovering together how to understand and live the Greatest Commandment. We're not after the "art of thinking about God a little differently." We're here to uncover the needs God created within us—needs for meaning, intimacy, honesty, humility, justice, compassion, and more—and how he designed us to find those needs fulfilled in him. This is the art of living Jesus spirituality. God gives us the key in the Greatest Commandment, but we've got to do this stuff in the right order. Imagine I invite you to my sweet cabin by the lake. To start hanging out in that cabin, you need to get the key from me, pack your car, follow the GPS, and so on. There's a natural order to it. It's the same with the Greatest Commandment. We begin upward, with loving God. The God. God of the Old Testament, God of the New Testament. God the Trinity—Father, Son, Holy Spirit. We continue inward, with understanding our true identities in Jesus. And

when we get those things right, God's Spirit sends us outward, on mission into the world. These three movements—upward, inward, and outward—mirror the Greatest Commandment and help us learn the art of living harmoniously together in a chaotic world. The author of *Change Your Brain, Change Your Life* explains how to achieve and maintain optimum mental performance, drawing on cutting-edge neuroscience research to explain how to protect the brain from injury and toxic substances, nourish it with vitamins, give it a mental workout, alleviate stress, and more. Reprint. 30,000 first printing.

"Eat right to optimize your brain and to fight Alzheimer's, depression, obesity, and a host of other illnesses with the help of New York Times bestselling authors Tana Amen and Daniel Amen, MD. In this cookbook, you'll find over 100 recipes that support the principles of the Brain Warrior's Way to heal and optimize the brain--useful for anyone who wants to provide their bodies with the proper fuel to boost energy, focus, memory, and quality of life."--

[Copyright: dce3fa848b8626036324bf50bcf1045e](#)