



# **Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted**

*Daniel G. Amen*

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## **Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted** Daniel G. Amen

The key to a better body—in shape, energized, and youthful—is a healthy brain. 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.

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.

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.

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