



# **Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems**

*Daniel G. Md Amen*

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In this completely revised and updated edition of the 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. Renowned neuropsychiatrist Dr. Daniel Amen includes cutting-edge research and the latest surprising, 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

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