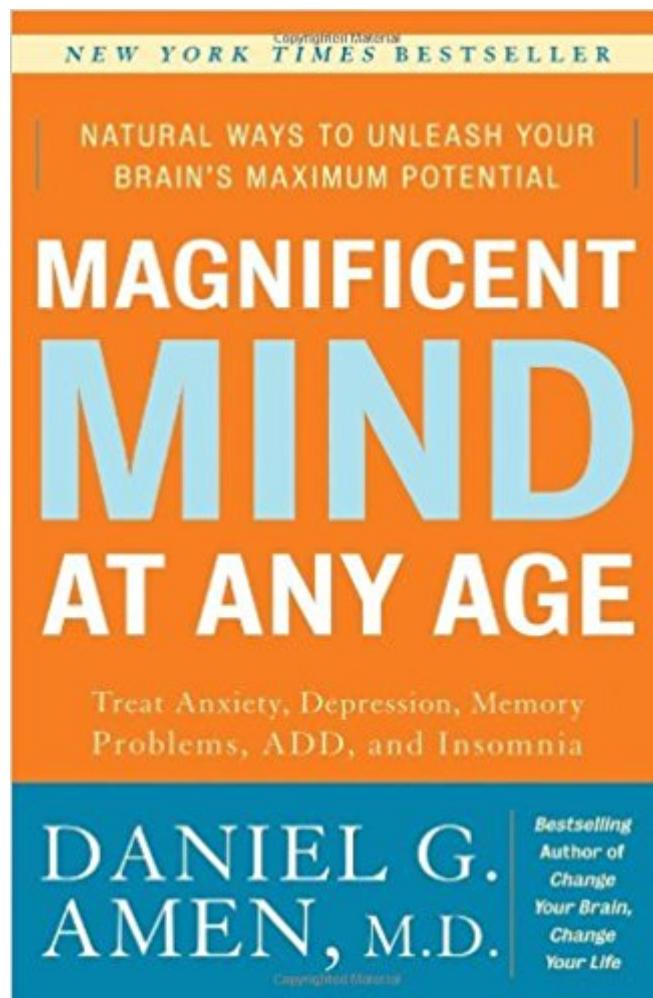


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Magnificent Mind At Any Age: Natural Ways To Unleash Your Brain's Maximum Potential



Synopsis

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. 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, *Magnificent Mind at Any Age* shows that the true key to satisfaction and success at any age is a healthy brain. By optimizing our brain function we can all develop the 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. 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. "Learn the secrets of a balanced brain from a physician who has experience examining 50,000 scans of patients. Compare a failing mind to a brilliant brain and learn how to move in the direction you desire." —Mehmet C. Oz, M.D., bestselling coauthor of *You: The Owner's Manual*

Book Information

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Customer Reviews

Today, much psychiatry involves deciding which pill to prescribe. Patients with the same symptoms may respond quite differently to the same medications. Most psychiatrists will candidly tell you that prescribing is mostly a matter of trial and error, with the patient often suffering during the process. Dr.

Daniel G. Amen has a different idea. Conduct SPECT (single photon emission computed tomography) scans to identify brain deficiencies in conjunction with standard psychiatric diagnostic tools. In this book, he shares examples of how various brain dysfunctions can be identified by such scans. After trying a treatment, he can then test the adequacy of the approach by asking the patient about his or her life and by looking at an updated scan. In these before and after images, the results are remarkably different. As a substitute for such scans, Dr. Amen invites readers to respond to a series of questions that he often finds are indicative of brain dysfunctions. From there, he describes the various alternative (non-medicinal) treatments as well as the indicated meds. In many cases, patients will be helped by an improved diet, exercise, avoiding sources of brain trauma, improving hydration, reducing excess stress, learning how to stop focusing on negative thoughts, getting more sleep, reducing caffeine and alcohol consumption, avoiding aspartame and MSG, eliminating environmental toxins, and reducing television watching, video game playing, computer use, and cell phone calls and texting. After you identify what you or a loved one might be suffering from, he also describes the treatments that usually help. In the course of this, he describes the latest research that describes why these treatments help.

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