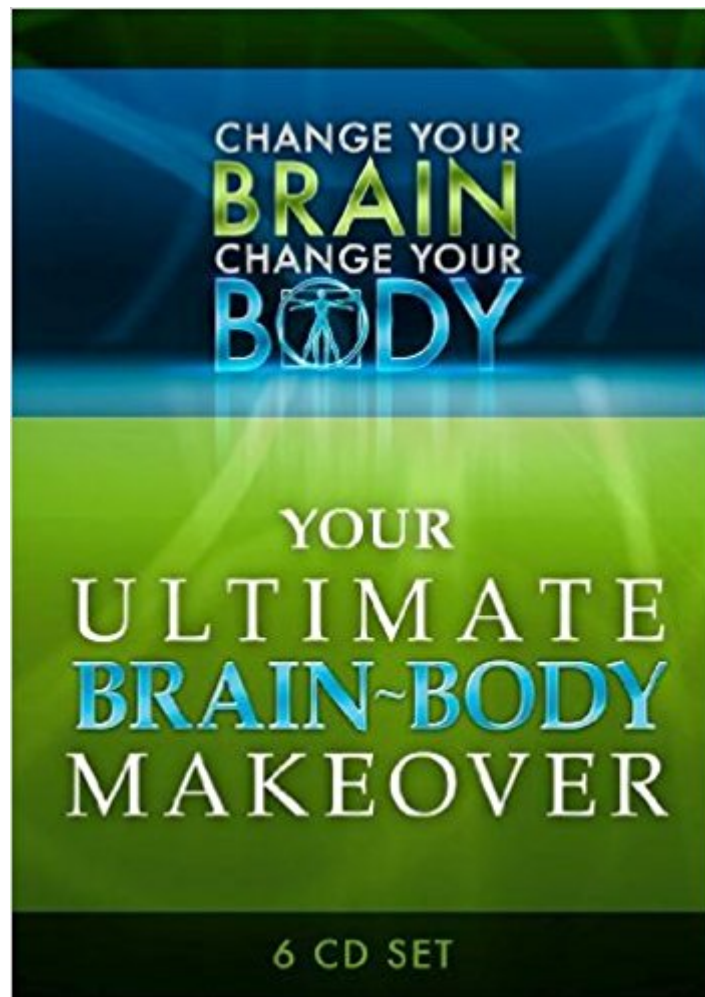


The book was found

Change Your Brain, Change Your Body: Your Ultimate Brain/Body Makeover (6 CD Set)



Synopsis

In this Exciting 6 CD audio set Dr. Amen and his staff give you many practical ways on how to improve both your brain and your body. Included in this package are: CD #1: Emergency Health Rescue Kit - Do These 10 Things First to Get Control of Your Brain and Your Body Today CD #2: A Detailed Guide to Brain Typing for Weight and Overall Health CD #3: Boost Your Brain to Lose Your Belly - 10 Strategies to Strengthen Your Brain and Your Body CD #4: Natural Ways to Boost Your Brain and Body - The Amen Clinic Supplement Guide CD #5: ANT Therapy, Stress Busting and Overcoming the Obstacles to Getting a Better Brain and a Better Body CD #6: Hypnotic Sessions for weight loss, sleep, anxiety

Book Information

Audio CD

Publisher: Mindworks Press (2010)

Language: English

ASIN: B003M74T3M

Product Dimensions: 7.5 x 5.3 x 0.6 inches

Shipping Weight: 6.4 ounces

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #118,625 in Books (See Top 100 in Books) #12 inÂ Books > Health, Fitness & Dieting > Nutrition > Fiber #46 inÂ Books > Books on CD > Health, Mind & Body > General #281 inÂ Books > Health, Fitness & Dieting > Children's Health

Customer Reviews

very interesting love it

This has opened my mind and my ears to things I and several others I know are struggling with.

Each disc was self contained but worked with the others. Listen to several times. The medical info was easy to understand.

great info

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Change Your Brain, Change Your Body: Your Ultimate Brain/Body Makeover (6 CD Set) Change

Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always
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Your Health, and Your Life in 30 Amazing Days Brain Training: The Ultimate Guide to Increase Your
Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental
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