



Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted [Audiobook][Unabridged] (Audio CD)

-Daniel G. Amen M.D.-

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The key to a better body 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, *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 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

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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