

THE AMEN CLINIC PROGRAM
FOR ACHIEVING AND SUSTAINING
OPTIMAL MENTAL PERFORMANCE



MAKING A GOOD BRAIN GREAT

DANIEL G. AMEN, M.D.

New York Times Bestselling Author of Change Your Brain, Change Your Life

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Making A Good Brain Great

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Making a Good Brain Great Daniel G. Amen, M.D., 2005-10-11 Daniel Amen M D one of the world s foremost authorities on the brain has news for you your brain is involved in everything you do learn to care for it properly and you will be smarter healthier and happier in as little as 15 days You probably run lift weights or do yoga to keep your body in great shape you put on sunscreen and lotions to protect your skin but chances are you simply ignore your brain and trust it to do its job People unknowingly endanger or injure their brains stress them by working at a frenzied pace and not getting enough sleep pollute them with caffeine alcohol and drugs and deprive them of proper nutrients Brain dysfunction is the number one reason people fail at school work and relationships The brain is the organ of learning working and loving the supercomputer that runs our lives It s very simple when our brains work right we work right and when our brains have trouble we have trouble in our lives Luckily it s never too late the brain is capable of change and when you care for it the results are amazing Making a Good Brain Great gives you the tools you need to optimize your brain power and enrich your health and your life in the process The principles and exercises in this book based on years of cutting edge neuroscience research and the experiences of thousands of people provide a wealth of practical information to teach you how to achieve the best brain possible You will learn how to eat right to think right how to protect your brain from injuries and toxic substances how to nourish your brain with vitamins and do mental workouts to keep it strong the critical component of physical exercise and which kinds work best how to rid your brain of negative thoughts counteract stress and much more Full of encouraging anecdotes from Dr Amen s many years of experience Making a Good Brain Great is a positive and practical road map for enriching and improving your own greatest asset your brain

Making a Good Brain Great Daniel G. Amen, M.D., 2006-12-26 Daniel Amen M D one of the world s foremost authorities on the brain has news for you your brain is involved in everything you do learn to care for it properly and you will be smarter healthier and happier in as little as 15 days You probably run lift weights or do yoga to keep your body in great shape you put on sunscreen and lotions to protect your skin but chances are you simply ignore your brain and trust it to do its job People unknowingly endanger or injure their brains stress them by working at a frenzied pace and not getting enough sleep pollute them with caffeine alcohol and drugs and deprive them of proper nutrients Brain dysfunction is the number one reason people fail at school work and relationships The brain is the organ of learning working and loving the supercomputer that runs our lives It s very simple when our brains work right we work right and when our brains have trouble we have trouble in our lives Luckily it s never too late the brain is capable of change and when you care for it the results are amazing Making a Good Brain Great gives you the tools you need to optimize your brain power and enrich your health and your life in the process The principles and exercises in this book based on years of cutting edge neuroscience research and the experiences of thousands of people provide a wealth of practical information to teach you how to achieve the best brain possible You will learn how to eat right to think right how to

protect your brain from injuries and toxic substances how to nourish your brain with vitamins and do mental workouts to keep it strong the critical component of physical exercise and which kinds work best how to rid your brain of negative thoughts counteract stress and much more Full of encouraging anecdotes from Dr Amen s many years of experience Making a Good Brain Great is a positive and practical road map for enriching and improving your own greatest asset your brain

Making a Good Brain Great Facilitator's Guide Daniel G. Amen, Jesse Payne, 2005-07-01 Making a Good Brain Great Course (2nd Edition) Jesse J. Payne, Daniel G. Amen, 2015-09-01 **Is it You, Me, Or Adult A.D.D.?** Gina Pera, 2008 As many as 30 million adults in the U S share a genetic condition that threatens their health employment finances and even their closest relationships Yet only one million adults know they have it and few of them truly understand it What is this mysterious condition Adult Attention Deficit Hyperactivity Disorder AD HD recognized as a valid medical diagnosis since 1994 About 70 percent of children with ADHD do not grow out of AD HD And contrary to popular myth the symptoms can be even more impairing in adulthood than in childhood This is a lifespan disorder with serious implications into old age This book will readers to Learn the true nature of ADHD as explained by top researchers and clinicians and abandon widespread harmful misperceptions Know how to get through denial about AD HD your own or your loved one s Be a smart mental healthcare consumer when seeking care for AD HD Understand in simple terms the brain science breakthroughs that help explain how brain dysfunction can harm our health relationships finances and more This is the only comprehensive easy to understand and practical guide for Adults with AD HD Their loved ones friends and co workers Physicians psychotherapists and substance use counselors Employers and college professors And everyone else who wants to learn the facts about Adult AD HD By turns enlightening humorous and pragmatic it includes true stories and evidence based strategies from top experts Expect it to become as much an industry standard as Driven to Distraction *Men's Health* , 2006-05 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle Brain Culture Davi Johnson Thornton, 2011 Brain Culture investigates the American obsession with the health of the brain Davi Johnson Thornton looks at familiar messages tracing how brain science and colorful brain images produced by scientific technologies are taken up and distributed in popular media She tracks the message that you are your brain across multiple contemporary contexts analyzing its influence on child development family life education and public policy Our fixation on the brain is not simply a reaction to scientific progress but a cultural phenomenon tied to values of individualism and limitless achievement

Laser Information Age , Use Your Brain to Change Your Age Daniel G. Amen, M.D., 2013-01-01 From the bestselling author and PBS star a brain healthy program to turn back the clock and keep your mind sharp and your body fit An incredibly helpful book for anyone who wants to increase their brain capacity Dr Rick Warren author of The Purpose Driven Life The fountain of youth is between your ears A healthy brain is the key to staying vibrant and alive for a long time and in Use Your Brain to Change Your Age bestselling author Dr Daniel G Amen shares ten simple steps to boost your brain

to help you live longer look younger and dramatically decrease your risk for Alzheimer's disease Based on the approach that has helped thousands of people at the Amen Clinics Dr Amen's breakthrough easy to follow anti aging process shows you how to Boost your memory mood attention and energy Decrease your risk for Alzheimer's and other forms of dementia Eat to increase longevity Promote the healing of brain damage due to injury strokes substance abuse and toxic exposure Dramatically increase your chances of living longer and looking younger By adopting the brain healthy strategies detailed in Use Your Brain to Change Your Age you can outsmart your genes put the brakes on aging and even reverse the aging process

Use Your Brain to Change Your Age (Enhanced Edition) Daniel G. Amen, M.D., 2012-02-14 This enhanced eBook edition includes the full text of the book with full color illustrations and photographs plus more than twenty minutes of video from the popular PBS special Use Your Brain to Change Your Age From the bestselling author and PBS star a brain healthy program to turn back the clock and keep your mind sharp and your body fit A healthy brain is the key to staying vibrant and alive for a long time and in Use Your Brain to Change Your Age bestselling author and brain expert Dr Daniel G Amen shares ten simple steps to boost your brain to help you live longer look younger and dramatically decrease your risk for Alzheimer's disease Over the last twenty years at Amen Clinics Dr Amen has performed more than 70 000 brain scans on patients from ninety different countries His brain imaging work has taught him that our brains typically become less active with age and we become more vulnerable to memory problems and depression Yet one of the most exciting lessons he has learned is that with a little forethought and a brain smart plan you can slow or even reverse the aging process in the brain Based on the approach that has helped thousands of people at Amen Clinics along with the most cutting edge research Dr Amen's breakthrough easy to follow antiaging program shows you how to improve memory focus and energy keep your heart and immune system strong and reduce the outward signs of aging By adopting the brain healthy strategies detailed in Use Your Brain to Change Your Age you can outsmart your genes put the brakes on aging and even reverse the aging process If you change your brain you can change your life and your age Video may not play on all readers Check your user manual for details

Jump Off the Hormone Swing Lorraine Pintus, 2011-01-01 In Jump Off the Hormone Swing Lorraine Pintus shares openly about the inner tension a woman can feel at certain times of the month between wanting to love her neighbor on one hand and wanting to strangle her and shoot her ugly dog on the other While many books discuss the physical and emotional symptoms of hormones this is the first to explore in depth the spiritual aspects Jump is a mentoring book not a medical book The focus is on attitude not anatomy Lorraine shares insights from her own journey as well as wisdom from 1 500 women she surveyed Sound biblical wisdom is laced with humor because after all when it comes to hormones you either have to laugh or cry and laughing is better Get answers to these questions What is the number one thing I can do to feel better physically How does PMS and perimenopause affect me spiritually Which foods ease PMS symptoms which make them worse How do hormones affect my brain Why does stress make my PMS worse and what can I do about it Are there benefits

to PMS and perimenopause you ll discover 10 How can God possibly love me when I hate myself Includes a 10 week study for individual and group use **Change Your Brain, Change Your Body** Daniel G. Amen, M.D.,2010-12-28 THE KEY TO A BETTER BODY in shape energized and youthful is a healthy brain With fifteen practical easy to implement solutions involving nutritious foods natural supplements and vitamins positive thinking habits and when neces sary 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 crav ings 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 Based on the latest medical research as well as on Dr Amen s two decades of clinical practice at the re nowned Amen Clinics where Dr Amen and his as sociates 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 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 **Feel Better Fast and Make It Last** Daniel G. Amen, MD,2018-11-13 If you want to feel happier more optimistic more joyful and resilient Dr Amen s groundbreaking new book is for you We ve all felt anxious sad traumatized grief stricken stressed angry or hopeless at some point in life It s perfectly normal to go through emotional crises or have periods when you feel panicked or out of sorts It is how you respond to these challenges that will make all the difference in how you feel not just immediately but also in the long run Unfortunately many people turn to self medicating behaviors such as overeating drugs alcohol risky sexual behavior anger or wasting time on mindless TV video games Internet surfing or shopping And even though these behaviors may give temporary relief from feeling bad they usually only prolong and exacerbate the problems or cause other more serious ones Is it possible to feel better and make it last Renowned physician psychiatrist brain imaging researcher and founder of Amen Clinics Dr Daniel Amen understands how critical it is for you to know what will help you feel better fast now and later In Feel Better Fast and Make It Last you ll discover new powerful brain based strategies to quickly gain control over anxiety worry sadness stress and anger strengthening your resilience and giving you joy and purpose for a lifetime **Navigating the Doctoral Journey** Amanda J. Rockinson-Szapkiw,Lucinda S. Spaulding,2014-06-11 This co edited book provides doctoral candidates with a practical cross discipline handbook for successfully navigating the doctoral process from initial program selection to the final dissertation defense and preparing for the faculty interview Invited chapters from established higher education experts cover topics ranging from university and program selection preparing for comprehensive exams and dissertation research self care and self management strategies and recommendations for maintaining personal and professional support systems Each chapter includes strategies for success and practical tips including how to create a study guide for the comprehensive

examination how to create a professional support group how to talk to your family about the doctoral process how to select and work with a chair and committee how to identify an appropriate research design how to navigate the IRB process and how to master the research and writing process *Becoming a "Wiz" at Brain-Based Teaching* Marilee Sprenger, 2015-03-10 New and veteran teachers will find guidelines to translate the latest research on learning memory and the brain into effective and enjoyable classroom practice The author provides in depth and accessible coverage of learning theory multiple intelligences resilience theory and emotional intelligence to help teachers master the complexities of teaching all the young brains in their classrooms This invaluable text Helps readers understand complex concepts and translate theory into actual practice Provides brain compatible classroom management strategies Features new graphic organizers illustrations and sidebars Discover how this journey down the yellow brick road can lead to instruction that promotes success for all young minds *Change Your Brain, Change Your Life Before 25* Jesse Payne, 2014-07-29 A guide to the three pound supercomputer in your head with valuable information about how to keep it working well for a lifetime School Library Journal The key to your future is in your head The New York Times bestseller *Change Your Brain Change Your Life* has revolutionized the way people think about their brains and their health Now Dr Jesse Payne of the Amen Clinics brings the groundbreaking science of the *Change Your Brain* program to a whole new generation The brain is particularly malleable until age 25 which means that even more than your parents or teachers you have the power to change your brain And the things you do today from what you eat to how you sleep to what you do for fun can change your brain in drastic ways This book provides a powerful program for avoiding common dangers and pitfalls that can jeopardize your future and training your brain for a lifetime of success Discover how to Improve academic performance Nurture creativity Treat diagnoses like ADHD and depression Enhance relationship skills Increase organization Improve memory Boost mood and more Featuring stories from real teens and young adults and actual brain scans showing the program s effectiveness *Change Your Brain Change Your Life Before 25* is perfect for young people their parents and the professionals who work with them There is plenty of valuable information perhaps the most important message repeated often and in different ways is that brain related struggles are nothing to be ashamed of and are more common than we realize The description of how brain scans vary based on substance use abuse and how various parts of the brain function are fascinating School Library Journal *Having a Mary Spirit* Joanna Weaver, 2008-05-20 A life changing guide to accessing the new life Jesus came to bring from the bestselling author of *Having a Mary Heart in a Martha World* You ll emerge from this reading experience a changed woman Liz Curtis Higgs You long to serve God with grace and strength and reflect Christ in every word and action Yet you find yourself continually struggling to bring that vision to life in your daily walk At our very core every one of us is a twisted sister within whom the flesh and spirit are battling constantly for control We are afflicted with a chronic disconnect between our good girl desire to put Jesus first and our bad girl realities that crowd our thoughts and push Him out of the way In *Having a Mary Spirit* Joanna Weaver

directs your gaze past your own shortcomings to the God who stands ready willing and able to make a new woman out of you She equips you with biblical insights and practical tools to partner with Christ inviting Him into the hidden places of your soul and giving Him full permission to redeem and renovate Drawing on the stories of the biblical Marys Mary mother of Jesus Mary sister of Martha and Mary Magdalene and others whose experience with God transformed their lives Joanna points you toward lasting personal transformation soul deep change that results in a complete makeover from the inside out Includes a fourteen week Bible study adaptable to twelve weeks for both individual reflection and group discussion

Successful Single-Sex Classrooms Michael Gurian,Kathy Stevens,Peggy Daniels,2010-12-08 This book is an essential resource for educators who are teaching or leading schools with single gender classes whether they are in public private or Catholic schools It is a soup to nuts guide covering everything from curriculum planning and classroom design to school policies and parent teacher communication Whether contemplating this new educational trend or already working within one of the 12 000 single gender schools this practical guide shows educators how they can make the most of a unique educational opportunity Positioned at the forefront of brain based learning Michael Gurian s work translates and distills the latest scientific research into key points which can be immediately integrated into an educator s existing practice The research underlines the importance of single sex learning and supports the creation and implementation of new strategies for accommodating the brain differences of boys and girls at both the school and classroom level *The Praeger International Collection on Addictions* Angela Brownemiller Ph.D.,2009-04-30 Only the very rare among us are completely unscathed by the effects of addiction our own that of a family member friend or coworker Even the addictions of strangers from the drunk driver or drug addict to gambling food spending or violence addicted people may subject us to dangers threaten our well being and drain money from our pockets Recent national estimates in just the US show that substance abuse and addiction alone cost taxpayers a total of nearly 500 billion a year In these volumes experts from around the world present the newest issues research and insights into addictions of all kinds Led by Angela Browne Miller Director of the Metaxis Compulsive and Habitual Behaviors Institute in California this team of contributors includes scholars and practitioners from the United States Canada the United Kingdom Sweden Thailand Africa and Russia Topics range from drug addiction among male female teen and aging populations and among White Hispanic Black Asian Native American and other groups using liquor cocaine methamphetamine khat and or other lesser known drugs to behavioral addictions including online gaming excessive buying and eating disorders Chapters also address issues including addiction as a public health problem and the politics of drug treatment policies Treatment methods for addictions from electrotherapy to holistic approaches are addressed as are spiritual psychological and cross cultural issues involved The experts behind these chapters include those from the University of California Berkeley Johns Hopkins School of Medicine and Purdue University to McGill University Nottingham Trent University and the All India Institute of Medical Sciences *Laughter in a Time of Turmoil* Richard P. Olson,2012-04-11

Here is a different angle on humor it can be a spiritual practice an expression of a theology of joy hope and grace Humor is so valuable for it offers self care healing and renewal precious gifts in times of pressure and tension Olson begins by telling of three unforgettable friends who lived their lives with joy and zest a practice that opened doors and aided their own sense of well being Playfully he continues by exploring the known benefits of humor Next considered is the amazing variety of humor in the Bible a basic theology of a laughing God and the caring ethic of humor that emerges from this theology Finally there is a discussion of how this practice of humor enriches worship caregiving and administration Laughter in a Time of Turmoil draws to a close considering spiritual disciplines practices and why humor belongs among these practices Suggestions are then offered on how to grow in this spiritual practice Discussion questions are provided for each chapter to help groups enjoy their conversations about the book This book will help you think and laugh or laugh and think take your pick and then be on your way rejoicing

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Making A Good Brain Great Introduction

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