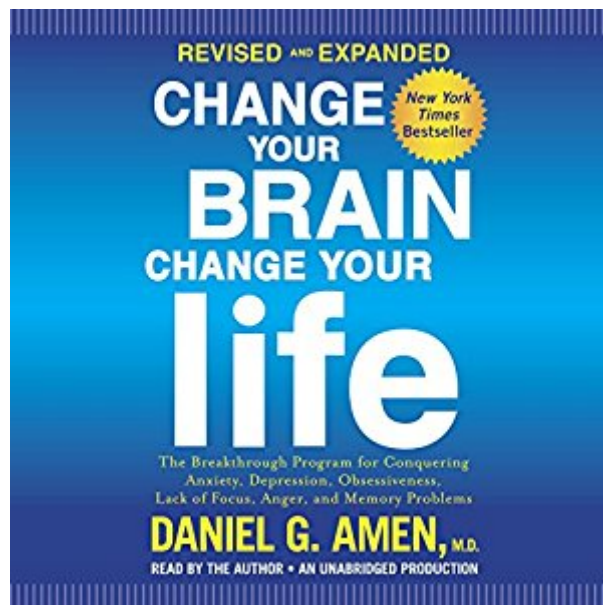


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# Change Your Brain, Change Your Life (Revised And Expanded): The Breakthrough Program For Conquering Anxiety, Depression, Obsessiveness, Lack Of Focus, Anger, And Memory Problems



## Synopsis

In this completely revised and updated edition of the breakthrough best seller, 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 antianger 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

## Book Information

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## Customer Reviews

Since both myself and a loved one have been diagnosed and treated at Amen's clinic, I'd like to respond to this book from the view of my actual experience. First, I agree with most of the what is said in the other positive reviews. The book is engaging, informative, and most importantly, it offers a great deal of hope. It breaks new ground, and it allows the layman to make better sense of the complexities of brain biology, personality, and behavior. To those few reviewers who insisted that Amen does not actually tell us "how to change your brain" - this is simply not true. Amen offers a variety of options including traditional meds, (even a nice chart to help with the benefits of each),

and alternative treatments such as herbal and dietary suggestions. As many know, Amen's use of SPECT scans is very controversial. Although he has a following of professionals, he is also careful to say that the scans are NOT a primary diagnostic tool - only a way to confirm a tentative diagnosis. This may be because SPECT is not approved by the DSM, nor the APA (to my knowledge), as an accepted and reliable diagnostic tool for ADD or any of the other problems Amen discusses. Given the stodgy psychiatric mentality in the US toward new approaches, this should not be a problem in and of itself. Yet given the controversy, a serious flaw of the book is that it does not address the number and types of cases in which this approach does NOT work. But I also want to offer some cautions to those who might be tempted to passively accept the book in its entirety. 1) In my own case, two Drs and a therapist in Amen's own office had different interpretations of my loved-one's SPECT scan, yet there was no consultation among them to resolve the issue. 2) In this layman's view, the book also seems to show some inconsistency in interpreting the scans. Why does the same over-active image area become the diagnostic key in one case, but then seems irrelevant in another? 3) Again in my personal case, the drug protocol for my loved-one was the opposite as that described in the book. Despite my questions, this was never explained to me. 4) A recent read of another book by a different author using PET scans showed completely different parts of the brain producing some of the same symptoms as Amen describes. But I suppose this doesn't matter as long as the treatment works. So what is the upshot of my review? My experience causes me to question the credibility of some parts of the book. Interpretation of these scans needs refinement, and Amen may need to get his own house in order as well. Yet, I have found no other professional who understands the intricacies of ADD and the associated problems as well as he does. Amen truly cares, and this book is a 'must-read'. Regardless of the imperfections, his approach DOES work for many, many people. But do not be lulled into a passive acceptance by the enticing simplicity of the diagnosis and explanation. Feel free to email me your thoughts. And to those dealing with the pain of ADD its related problems, I wish you peace and comfort. Remember that the heroes in a race are not only those who win, but also those who continue to struggle until they finish.

This book shows you that there is hope for everyone! Though the title is a little silly, it is appropriate. This book actually shows you pictures of brains with different emotional/chemical imbalances. Give it to anyone who questions whether diet or medication really affect their feelings and relationships. Many people believe that medication is for weak people and that they should be able to conquer their problems through sheer will. I have known countless people who have tried everything to

overcome emotional issues but actually changing their physiology. This book gives indisputable evidence that problems like depression, aggression, ADD and Alzheimers are physically based. The changes in patients' brains before and after treatment (often, but not always medication-based) are phenomenal. It demonstrates with the SPECT series brain scans that our brain chemistry rules our emotions. I learned that even minor bumps to the head can change people's personalities and ability to learn. Dr. Amen shows pictures of brains with little or no activity in areas that have been injured, mirroring the patients' emotional or intellectual difficulties. Amen is very clear that he always uses talk therapy and teaching communication skills before he contemplates having a SPECT series done. His point is that many people can benefit from learning new skills and ways of looking at life, but some are truly stuck because their brain activity keeps them looping on negative thoughts, reacting with extreme anger, obsessing about limited situations, or shutting down when they try to concentrate. When medication is used these patients can finally put the communication and coping skills they have learned to good use. This book helped me understand people in my life who have seemed hopeless, shallow and even vicious. It showed me that there is hope for everyone who is willing to open their mind, get proper treatment, and challenge how they have viewed the world up until now. The exercises he gives the reader are very specific and helpful. If another reviewer thinks that there is nothing concrete in the book, then they aren't willing to look at their diet, their habitual way of thinking, and herbal and medical treatments. The prescriptions are plentiful and very specific. It is an easy read, very accessible, with fascinating stories that pull you in. It is not academic or inaccessible. Quite the opposite. It's a great book for anyone who wants to know more about themselves and how their body works.

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