

THE AMEN CLINIC PROGRAM  
FOR ACHIEVING AND SUSTAINING  
OPTIMAL MENTAL PERFORMANCE

15 Days  
to a Better  
Brain

# MAKING A GOOD BRAIN GREAT

DANIEL G. AMEN, M.D.

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

**Making A Good Brain Great The Amen Clinic Program  
For Achieving And Sustaining Optimal Mental  
Performance Daniel G**

**Daniel G. Amen, Jesse Payne**



## **Making A Good Brain Great The Amen Clinic Program For Achieving And Sustaining Optimal Mental Performance Daniel G:**

**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

**Mind Chi** Vanda North, Richard Israel, 2010-06-15 8 minutes a day is all it takes to open up a world of superior mental performance Just as Tai Chi has been used for centuries to balance body and mind Mind Chi will help you increase your mental energy and be more effective in everything you do And all you need is 8 minutes a day Mind Chi is a powerful synthesis of thought and action based on the most recent research into how the brain works By following the simple daily exercises in this book you will raise your mental performance to a level you never thought possible Discover Sharper powers of concentration and information management Improved control over your attention span memory thoughts and feelings Fast and easy ways to reduce your stress and increase your confidence New positive habits thoughts and mental resilience Fantastic energy levels during and after your work day Plus 50 Strategies for Success in Business Life An eight minute daily dose of Mind Chi will improve vitality reduce stress and allow us to see the many blessings of life more clearly Stephen C Lundin PhD author of the five million copy bestselling FISH Higher Living Leadership Dr. Melodye Hilton, 2017-01-17 Higher Living Leaders live authentically and passionately through embracing their personal value and power to positively transform cultures The way of Higher Living Leadership is rich in value for

leaders of all spheres of influence Dr Melodye Hilton has developed and packaged a series of concepts and principles from years of experience in training and consulting powerful leaders Individuals are guided to discover their validation quotient the attributes that unleash personal leadership value generate it in others and positively transform culture Whether leading a small family or an entire nation this values driven content is excellently presented in a balance of relevant information and practical application that can revolutionize the way you view and apply leadership In this book Dr Hilton reveals the practical steps to Discover and operate out of your intrinsic value and be empowered to recognize it in those around you Realize the effects your thoughts and choices have on your brain body and the fulfillment of your purpose and make a positive change today Discover your personal purpose that determines your decisions and how your life will make an impact Employ Higher Thinking through continued development of the mind purposeful choice and values driven self management Become an authentic leader establishing trust naturally in your sphere of influence It s time for powerful leaders to be released shifting and redefining the culture in and around them If you re ready to raise the bar of leadership and become a Higher Living Leader this book is for you

**A Pound of Prevention: Eight Secrets of Healthy Living** Dr. Alfred Nkut,2011-04-28

Health promotion still remains the best option to foster good health especially given the fact that so many health problems can lead to permanent damage There has to be a balance between our mind body and soul For optimum health those three parts must be in harmony The essence of this book is to show you how to become an instrument of positive influence for living a happier healthier life Most of what is involved in staying healthy is doing the basic things that are common knowledge to most people But like all else you make the difference by not only knowing what to do but putting into practice Our happiness is determined by the quality of our thoughts learning how to arrange our mind and detoxify it from toxic or negative emotions Follow Lucky Harry s story and how he learned to apply the secrets to healthy living Lucky Harry s success came because he became imaginative and made the move to choose good habits that will help him achieve healthy living His cooperation was necessary He turned the corner and achieved excellent health Something he always thought of as just a dream

*S.U.C.C.E.S.S.* Debbie Jacobson,2014-09-26 S U C C E S S sought after desired unlimited deserved abundant

and at your fingertips This book teaches you how to get all the success you never thought possible This book will take you step by step through understanding the following Your definition of S U C C E S S What helps people succeed Your thoughts about fear and success Living a life with no fear How you can achieve success through the exercises provided How to take on a leadership role Building your confidence Surefire ways to success

*Energy Medicine For Women* Donna Eden,David

Feinstein,2012-03-22 For more than three decades Donna Eden has been teaching people to understand the body as an energy system to recognize their aches and pains as signals of energy imbalance and to reclaim their natural healing capabilities In her long awaited new book Donna speaks directly to women showing them how they can work with energy to tackle the specific health challenges they face She reveals that a woman can manage her hormones by managing her

energies and also use energy medicine to treat a host of health issues From PMS to menopause from high blood pressure to depression the book offers easy to follow solutions to women s health issues that traditional medicine often fails to provide Blending a compassionate voice with a profound grasp of how the female body functions as an energy system Eden presents what is sure to become a classic book on the subject of women s health      **We Don't Die** Sandra Champlain,2019-09-10 Will allow you to truly understand creation and the nature of life Perfection awaits us all when we leave our bodies and cross the bridge Bernie Siegel MD 1 New York Times bestselling author We Don t Die gives credible evidence of life after death The goal of We Don t Die is to have people believe that their deceased loved ones are still near them help them navigate through the grieving process and educate that we are eternal souls having a human experience It is unique because it teaches people about the grieving process keeping relationships whole gives awe inspiring exercises that the reader experiences that we must be more than our bodies It gets readers in touch with the purpose of their lives and gets them on the path to producing results Readers will no longer fear death their pain of losing someone will be lessened they will have hope faith and powerful access to live a successful life Provides inspiration and hope that we are in fact eternal beings and our journey on earth serves a purpose beyond our greatest imagination William Gladstone author of the international bestseller The Twelve and co producer of the film Tapping the Source Sandra gives you the tools to lead an incredible life No longer live in fear no longer will you have to be stuck in grief Imagine the joy of feeling free to have extraordinary relationships and produce amazing results Dov Baron author of Fiercely Loyal Physical and mental training as well as practice are necessary to win We Don t Die provides you with the strategies you need to achieve great victories in your life David Brabham international sports car racing champion      **Authoring Autism** M. Remi Yergeau,2018-01-05 In Authoring Autism M Remi Yergeau defines neurodivergence as an identity neuroqueerness rather than an impairment Using a queer theory framework Yergeau notes the stereotypes that deny autistic people their humanity and the chance to define themselves while also challenging cognitive studies scholarship and its reification of the neurological passivity of autistics They also critique early intensive behavioral interventions which have much in common with gay conversion therapy and questions the ableist privileging of intentionality and diplomacy in rhetorical traditions Using storying as their method they present an alternative view of autistic rhetoricity by foregrounding the cunning rhetorical abilities of autistics and by framing autism as a narrative condition wherein autistics are the best equipped people to define their experience Contending that autism represents a queer way of being that simultaneously embraces and rejects the rhetorical Yergeau shows how autistic people queer the lines of rhetoric humanity and agency In so doing they demonstrate how an autistic rhetoric requires the reconceptualization of rhetoric s very essence      The Morning Mind Dr. Robert Carter III,Kirti Salwe Carter, MBBS, MPH,2019-01-08 Unleash positive thinking and productive imagination and flip negative thoughts and behaviors into a lifetime to improve every aspect of your life each morning one day at a time Bad habits Bad feelings Bad mornings that turn into regrettable days Banish them all with simple

brain hacks that flip negative thoughts and behaviors into positive productive ones The Morning Mind makes it easy Based on findings from neuroscience and medicine Dr Robert Carter and Dr Kirti Carter help you tamp down on the fear driven reptile brain and tap into the part linked to thinking and imagination With topics ranging from diet and hydration to exercise and meditation you ll find ideas for activating your brain and improving every aspect of your life Restore healthy cycles of waking and sleeping Block harmful cortisol hormones Boost mental performance Create calmer mornings Develop self discipline Stimulate creativity Improve your leadership skills Instead of dragging through your day learn to wake up refreshed recharge regularly and live better than ever From the moment the alarm clock rings The Morning Mind helps you greet each day with gusto

**Hearts and Minds** Thomas David Kehoe,2003 Mammals raising their young evolved brains hardwired for emotional relationships Around this mammalian core humans evolved a new larger brain for abstract thinking Too often our abstract thinking gets in the way of emotionally connecting with other people Hearts and Minds shows you how to improve your relationships by integrating these different brain systems Plus you ll find The best places to meet single men and women page 93 How young men and women fall in love with mirrors of themselves page 74 when mature men and women love their real partners including accepting their faults page 83 How switching gender roles moves dating into a committed relationship page 139 How to use conflicts to strengthen a relationship page 146

**Making a Good Brain Great Facilitator's Guide** Daniel G. Amen,Jesse Payne,2005-07-01 [Library Journal](#),2005

**Un Espiritu Como el de Maria** Joanna Weaver,2008-01-28 Utilizando las historias b blicas de las Mar as y otros personajes que experimentaron la transformaci n de su vida por Dios la autora muestra c mo se puede encontrar esperanza sanidad integridad y la alegr a que nuestro coraz n anhela Joanna Weaver equipa al lector con un entendimiento b blico y unas herramientas para que pueda unirse a Cristo y pueda ser redimido y restaurado Drawing on the stories of biblical Marys and others whose experience with God transformed their lives Joanna Weaver shows how you can find the hope healing wholeness and joy your heart longs for The author equips the reader with biblical insights and practical tools to partner with Christ inviting Him into the hidden places of your soul and receive redemption and restoration

**Ten un espíritu como el de María** Joanna Weaver,2025-02-04 Una gu a que te cambiar la vida para acceder a la nueva vida que Jes s vino a traernos de parte de la autora bestseller de C mo tener un coraz n de Mar a en un mundo de Martha Anhelas servir a Dios con gracia y fuerza y reflexionas sobre Cristo en cada palabra y cada acto sin embargo te encuentras continuamente luchando por hacer que esa visi n cobre vida en tu diario caminar En nuestro centro cada una de nosotras somos una hermana retorcida en cuyo interior batallan constantemente la carne y el esp ritu para obtener el control Nos vemos afligidas por una desconexi n cr nica entre nuestro deseo de ser buenas ni as para poner a Jes s primero y nuestra realidad de ni as malas que hace desbordar nuestros pensamientos y Lo alejan de nuestro camino En Ten un esp ritu como el de Mar a Joanna Weaver dirige tu mirada m s all de tus propios defectos hacia el Dios que est listo dispuesto y es capaz de convertirtte en una nueva mujer Joanna te equipa con

conocimientos bíblicos y herramientas prácticas para unirte a Cristo invitándolo hacia los lugares oscuros de tu alma donde plena autorización para redimir y renovar En una extracción de las historias bíblicas de María María a la madre de Jesús María a la hermana de Martha y María Magdalena y otras cuyas experiencias con Dios transformaron sus vidas Joanna te dirige hacia una transformación personal duradera un cambio en las profundidades de tu alma que resulte en una completa renovación de adentro hacia afuera Incluye un estudio de la Biblia de catorce semanas adaptable a doce semanas tanto para una reflexión individual como para una discusión grupal

**The Brain in Love** Daniel G. Amen, M.D., 2009-07-14 You hold the key to stronger relationships deeper connections and heightened intimacy Everyone wants to know how to improve his or her love life but so few of us understand the integral role the brain plays in attraction keeping us excited about our partner and helping us feel a strong connection Based on Dr Daniel Amen's cutting edge neuroscience research The Brain in Love shares twelve lessons that help you enhance your love life through understanding and improving brain function Filled with practical suggestions and information on how to have lasting and more fulfilling relationships The Brain in Love reveals How emotional and physical intimacy can help prevent heart disease improve memory stave off cancer and boost your immune system How the differences between men's and women's brains affect our perceptions and interest in sex The science behind why breakups hurt so much and what you can do to ease the pain Surefire techniques to fix common problems depression PMS ADD that contribute to conflicts How to make yourself unforgettable to your partner The Brain in Love explains everything there is to know about the brain in love and lust guiding you to the emotional and physical intimacy you need

Chi Mental Richard Israel, Vanda North, 2013-09-10 O que Chi Mental Chi Mental sua energia mental O programa Chi Mental lhe ensina a desenvolver controlar e direcionar sua energia mental para ter maior xito em sua vida profissional e pessoal Com ele voc poder reinventar se para ter melhor desempenho em momentos difíceis e em momentos de mudança O programa Chi Mental lhe oferece um presente especial para que voc reganhe o autocontrole seu próprio o sistema de segurança neste grande período de mudanças Os benefícios do programa Chi Mental Muitos pedidos e pedidos para aprimorar seu raciocínio Transformação de pensamentos disruptivos em pensamentos positivos e proativos Pedido desenvolvimento de novos hábitos positivos Processos mentais que evitam o estresse e promovem a autoconfiança Melhoria do limiar de atenção da memória e dos sistemas de crenças Controle sobre sentimentos pensamentos e comportamentos Maior resiliência e melhor capacidade de gerenciamento de informações Mais energia mental e física durante e após o trabalho

Hagiotherapie in der Begegnung mit dem Menschen Tomislav Ivancic, 2023 Hagiotherapie als eine therapeutische Methode der Anthropologischen Medizin ist sowohl in wissenschaftlicher als auch in medizinischer Hinsicht eine Neuheit sie unterscheidet sich sowohl von der Medizin als auch von Psychiatrie und Seelsorge Sie basiert auf Forschungsergebnissen philosophischer und neurologischer Disziplinen wie auch von Theologie Physik Biologie und Psychologie Darüber hinaus hat sie praktische Therapieerfahrungen die wissenschaftlich ausgewertet werden können Die Hagiotherapie beschäftigt sich mit der Untersuchung der menschlichen

Geistseele insbesondere deren Leiden und sucht nach entsprechenden therapeutischen Möglichkeiten Zahlreiche Verwundungen Traumata und Erkrankungen der Geistseele des Menschen können hagiotherapeutisch geheilt werden

Making a Good Brain Great Course (2nd Edition) Jesse J. Payne, Daniel G. Amen, 2015-09-01      Change Your Brain, Change Your Life Daniel G. Amen, 2000 In a breakthrough study a neuro psychiatrist offers a variety of suggestions from cognitive exercises to dietary changes aimed at those who suffer from neurological imbalances such as depression anxiety and other frontal lobe problems      The Brain Warrior's Way Daniel G. Amen, M.D., Tana Amen BSN, RN, 2016-11-22 New York Times bestselling authors Dr Daniel Amen and Tana Amen are ready to lead you to victory The Brain Warrior's Way is your arsenal to win the fight to live a better life The Amens will guide you through the process and give you the tools to take control So if you're serious about your health either out of desire or necessity it's time to arm yourself and head into battle When trying to live a healthy lifestyle every day can feel like a battle Forces are destroying our bodies and our minds The standard American diet we consume is making us sick we are constantly bombarded by a fear mongering news media and we're hypnotized by technical gadgets that keep us from our loved ones Even our own genes can seem like they're out to get us But you can win the war You can live your life to the fullest be your best and feel your greatest and the key to victory rests between your ears Your brain runs your life When it works right your body works right and your decisions tend to be thoughtful and goal directed Bad choices however can lead to a myriad of problems in your body Studies have shown that your habits turn on or off certain genes that make illness and early death more or less likely But you can master your brain and body for the rest of your life with a scientifically designed program the Brain Warrior's Way Master your brain and body for the rest of your life This is not a program to lose 10 pounds even though you will do that and lose much more if needed You can also prevent Alzheimer's reverse aging and improve your Overall health Focus Memory Energy Work Mood Stability Flexibility Inner Peace Relationships The Amens have helped tens of thousands of clients over thirty years and now they can help you It is time to live a better life right now



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**Daniel G**

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