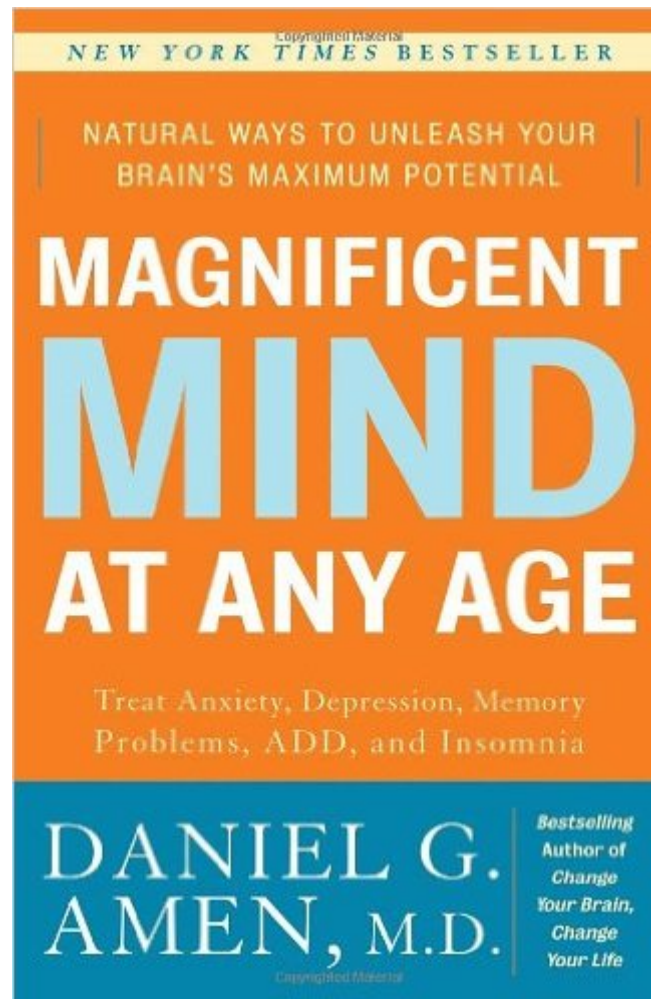


The book was found

Magnificent Mind At Any Age: Natural Ways To Unleash Your Brain's Maximum Potential



Synopsis

It all starts with your brain: how you think, how you feel, how you interact with others, and how well you succeed in realizing your goals and dreams. Based on the most up-to-date research, as well as on Dr. Daniel Amen's more than twenty years of treating patients at the Amen Clinics, *Magnificent Mind at Any Age* shows that the true key to satisfaction and success at any age is a healthy brain. By optimizing our brain function we can all develop the qualities of a magnificent mind enjoyed by the world's most successful and happiest people:

- Increased memory and concentration
- The ability to maintain warm and satisfying relationships
- Undiminished sexual desire and performance
- Goal-oriented perseverance
- Better impulse control and mastery over potential addictions
- Free-flowing creativity and the ability to relax and enjoy life's pleasures

Whether you're in the midst of a demanding career or are looking forward to an active and richly rewarding retirement, *Magnificent Mind at Any Age* can give you the edge you need to live every day to your fullest potential. "Learn the secrets of a balanced brain from a physician who has experience examining 50,000 scans of patients. Compare a failing mind to a brilliant brain and learn how to move in the direction you desire." — Mehmet C. Oz, M.D., bestselling coauthor of *You: The Owner's Manual*

Book Information

Paperback: 352 pages

Publisher: Three Rivers Press; 1st edition (December 29, 2009)

Language: English

ISBN-10: 0307339106

ISBN-13: 978-0307339102

Product Dimensions: 5.2 x 0.8 x 8 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars — See all reviews (126 customer reviews)

Best Sellers Rank: #100,179 in Books (See Top 100 in Books) #51 in Books > Health, Fitness & Dieting > Psychology & Counseling > Physiological Aspects #85 in Books > Self-Help > Memory Improvement #404 in Books > Self-Help > Creativity

Customer Reviews

Today, much psychiatry involves deciding which pill to prescribe. Patients with the same symptoms may respond quite differently to the same medications. Most psychiatrists will candidly tell you that prescribing is mostly a matter of trial and error, with the patient often suffering during the process. Dr.

Daniel G. Amen has a different idea. Conduct SPECT (single photon emission computed tomography) scans to identify brain deficiencies in conjunction with standard psychiatric diagnostic tools. In this book, he shares examples of how various brain dysfunctions can be identified by such scans. After trying a treatment, he can then test the adequacy of the approach by asking the patient about his or her life and by looking at an updated scan. In these before and after images, the results are remarkably different. As a substitute for such scans, Dr. Amen invites readers to respond to a series of questions that he often finds are indicative of brain dysfunctions. From there, he describes the various alternative (non-medicinal) treatments as well as the indicated meds. In many cases, patients will be helped by an improved diet, exercise, avoiding sources of brain trauma, improving hydration, reducing excess stress, learning how to stop focusing on negative thoughts, getting more sleep, reducing caffeine and alcohol consumption, avoiding aspartame and MSG, eliminating environmental toxins, and reducing television watching, video game playing, computer use, and cell phone calls and texting. After you identify what you or a loved one might be suffering from, he also describes the treatments that usually help. In the course of this, he describes the latest research that describes why these treatments help.

[Download to continue reading...](#)

Magnificent Mind at Any Age: Natural Ways to Unleash Your Brain's Maximum Potential
Younger Brain, Sharper Mind: A 6-Step Plan for Preserving and Improving Memory and Attention at Any Age
from America's Brain Doctor
Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment)
Router Magic: Jigs, Fixtures, and Tricks to Unleash Your Router's Full Potential
Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity)
Break Through Your BS: Uncover Your Brain's Blind Spots and Unleash Your Inner Greatness
Brain Games #1: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered))
Brain Games #3: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered))
BRAIN: 51 Powerful Ways to Improve Brain Power, Enhance Memory, Intelligence and Concentration NATURALLY! (MEMORY, Memory Improvement, Learning, Brain Training)
The Mind Map Book: How to Use Radiant Thinking to Maximize Your Brain's Untapped Potential
NLP: Maximize Your Potential- Hypnosis, Mind Control, Human Behavior and Influencing People (NLP, Mind Control, Human Behavior)
Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power)
Our FAScinating Journey: Keys to Brain Potential Along the Path of Prenatal Brain Injury, Second Edition
Memory: Mastermind - Supercharge Your Memory & Unleash The Power Of

Your Mind To Maximize Productivity, Focus & Intelligence Fluent in 3 Months: How Anyone at Any Age Can Learn to Speak Any Language from Anywhere in the World The Total Brain Workout: 450 Puzzles to Sharpen Your Mind, Improve Your Memory & Keep Your Brain Fit Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) Why Isn't My Brain Working?: A revolutionary understanding of brain decline and effective strategies to recover your brain's health Unleash Your Inner Diabetes Dominator: How to Use Your Powers of Choice, Self-Love, and Community to Completely Change Your Relationship with Diabetes for the Better

[Dmca](#)