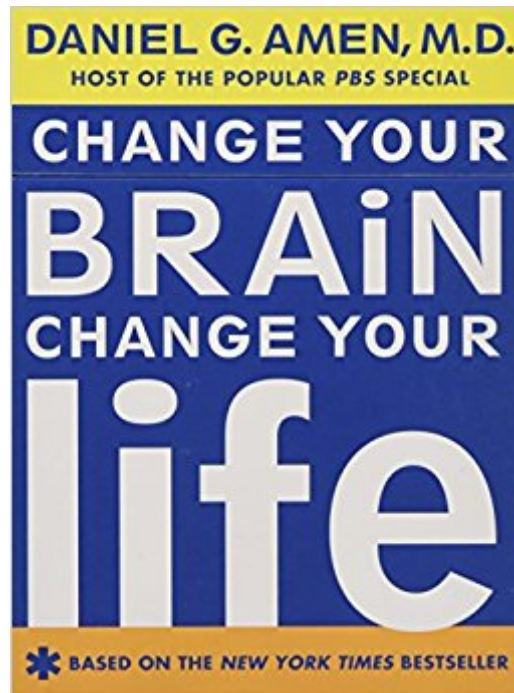




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Change Your Brain, Change Your Life Deck



Synopsis

Our brains can produce negative thoughts, but you can reprogram the way you think. This collection of methods from neuropsychiatrist and bestselling author, Daniel G Amen, M.D., teaches you how. Use the easy techniques described in this deck to:-
 • Stop obsessive worrying
 • Curb your anger
 • Fight automatic negative thoughts
 • Enhance your people skills
 • Sharpen your focus
 • Become a more flexible thinker

Book Information

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Customer Reviews

"Revolutionary. Dr. Amen shows how your brain can become your worst enemy, and how with the proper treatment, your best friend."--Martin Stein, M.D., associate clinical professor of psychiatry, George Washington University
 "Opens the door to assessment and interventions that can change your life."--Robert D. Hunt, M.D., associate clinical professor of psychiatry, Vanderbilt School of Medicine

Daniel G. Amen, M.D., is a clinical neuroscientist, child and adolescent psychiatrist, and medical director of the Amen Clinic for Behavioral Medicine in Fairfield, California. The recipient of awards from the American Psychiatric Association, the Baltimore-D.C. Institute for Psychoanalysis, and the

U.S. Army, Dr. Amen is a nationally recognized expert on the relationship between the brain and behavior and on attention deficit disorder, and is the author of several books, including Windows into the ADD Mind and Firestorms in the Brain.

Basically an ADD version of the book. I've got both and they are both great, the book of more in depth, with plenty of great stories, pictures, and examples but the cards are perfect for those who just want to jump into the highlights and tools or need something stripped down to essentials so that they don't get lost or distracted.

Better than reading a book. Awesome information in short little cards so I can read a couple and come back and read more later. Perfect for short attention spans.

I use these cards often to share with clients some of the reasons behind why the brain works the way it does, and why they might be doing that they are doing. There are questions, tests, and insightful suggestions on what to do when you're struggling with specific problematic behaviors.

I use these cards weekly. Helps me use the info from the book and put it into practical use.

Prefer to his books for clarity.

great ideas, great format, nothing earth shattering but a great place for those with ADD to start

I paired this with the book - keeping these on my desk for quick review and reference. It's fascinating and helpful to learn, implement small changes and see such dramatic improvements.

very good detailed easy to read - glad I ordered it

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