

The Breakthrough Program that Allows You to See and Heal the 7 Types of ADD

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. "Dr. Amen magically shows us that the aging of our brain need not match the aging of our bodies."—Mehmet Oz, M.D. 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.

Make your marriage the best it can be by learning the secrets of proactive passion. Using the latest in brain research, This Is Your Brain in Love helps couples become Master Level Lovers by encouraging each mate to bring their healthiest, most balanced and joyful self to their marriage. Dr. Henslin speaks to the vital connection between spirituality and sexuality. He identifies the five types of lovers, with ground-breaking insights and effective solutions for the challenges presented by each: Scattered Lover Over-focused Lover Blue Mood Lover Agitated Lover Anxious Lover Filled with relatable stories and humor, this is not your boring brain book! Engaging and practical, Dr. Henslin provides an amazingly accurate, scientifically-based brain test to help spot typical brain imbalances. (And yes, most everyone has at least one!) Bonus material offers brain-researched strategies and new hope for women dealing with hormones and men struggling with sexual addictions.

Written for students and general readers, this comprehensive encyclopedia provides entries on the history, theories, symptoms, tests, treatments, and current and future research for Attention Deficit Hyperactivity Disorder (ADHD). * A-Z organization makes it easy for the reader to find necessary information

Please note: This is a companion version & not the original book. Sample Book Insights: #1 I have lived with ADD, and I know what it is like. I have had trouble holding a small child because she is in constant motion, I have had to chase a child through the store, and I have had to repeat myself 32 times to get a child up in the morning. #2 I adored Antony, my adopted son, but his room was a mess. I used to ask him if he planned to have his room that messy; his handwriting was a mess and a half hour of homework took him three hours to do. #3 When Kaitlyn was three years old, her psychologist diagnosed her with ADD. The treatment for ADD helped Kaitlyn significantly. It also helped me understand my own anxiety and focus issues. #4 Breanne's learning struggles had nothing to do with her intelligence. The low activity in her brain was limiting the access she had to her own brain. I had her continue with the low dose of medicine along with some supplements.

Healing ADD

Your Brain Is Always Listening

A Legacy of Healing

Healing the Hyperactive Brain

The Amen Solution

Healing ADD Brain Type Test

The 7 Neuroscience Secrets of Feeling Good Based on Your Brain Type

This book was the brainchild of Dr. Angelo C. Rose. After fifty years of practicing holistic care, he wanted to leave his patients with a resource they could use as a guide in the natural healing of the more common health problems people typically face. This book provides a wealth of information and includes dietary guidelines, specific healing protocols, remedies, and valuable resources for myriad conditions. The book is designed to be used as a reference for people of all ages, even for those just looking to increase their knowledge of nutrition and diet.

Gut and Psychology Syndrome

New Scientific Breakthroughs for a More Passionate and Emotionally Healthy Marriage