



# Change Your Brain, Change Your Body: Use Your Brain to Get the Body You Have Always Wanted

*Dr Daniel G. Amen*

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# Change Your Brain, Change Your Body: Use Your Brain to Get the Body You Have Always Wanted

*Dr DANiel G. Amen*

## **Change Your Brain, Change Your Body: Use Your Brain to Get the Body You Have Always Wanted**

Dr DANiel G. Amen

The key to a better body is a healthy brain. CHANGE YOUR BRAIN, CHANGE YOUR BODY shows you how to take the very best care of your brain. With practical, easy-to-implement solutions involving nutritious foods, natural supplements and vitamins, positive-thinking habits, and, when necessary, highly targeted medications, Dr. Amen shows you how to: \* Reach and maintain your ideal weight \* Increase your willpower and eliminate cravings \* Feed your brain to look and feel younger \* Soothe and smooth your skin at any age \* Reduce the stress that can impair your immune system \* Balance your hormones to turn back the clock \* Boost your energy \* Avoid depression and elevate the enjoyment you take in life's pleasures \*Think your way to being thinner, younger and happier. Whether you're just coming to realize that it's time to get your body into shape, or are already fit and want to take it to the next level, CHANGE YOUR BRAIN, CHANGE YOUR BODY is all you need to start putting the power of the brain-body connection to work for you today.

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