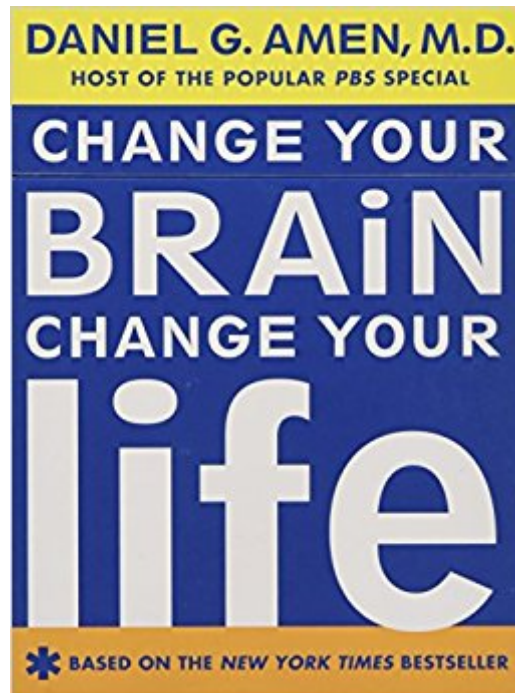




Ebook Directory
the best source of ebook

The book was found

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

Cards: 50 pages

Publisher: Potter Style; Crds Rep edition (December 29, 2009)

Language: English

ISBN-10: 0307464571

ISBN-13: 978-0307464576

Product Dimensions: 4.6 x 1.1 x 6.1 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 99 customer reviews

Best Sellers Rank: #157,770 in Books (See Top 100 in Books) #88 in Books > Health, Fitness & Dieting > Psychology & Counseling > Physiological Aspects #445 in Books > Health, Fitness & Dieting > Psychology & Counseling > Applied Psychology #1763 in Books > Science & Math > Biological Sciences > Biology

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

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

Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) Change Your Brain, Change Your Life Deck Brain Quest: 1500 Questions & Answers to Challenge the Mind: 7th Grade: Ages 12-13: Deck One & Deck Two Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted Black & Decker The Complete Guide to Decks, Updated 5th Edition: Plan & Build Your Dream Deck Includes

Complete Deck Plans (Black & Decker Complete Guide) Complete Deck Book: Everything You Need to Design and Build Your Own Dream Deck (Sunset Books) Deck Ideas You Can Use - Updated Edition: Stunning Designs & Fantastic Features for Your Dream Deck Magic The Gathering: Rules and Getting Started, Strategy Guide, Deck Building For Beginners (MTG, Deck Building, Strategy) Deck Designs, 3rd Edition: Great Design Ideas from Top Deck Designers (Home Improvement) Black & Decker Deck Codes & Standards: How to Design, Build, Inspect & Maintain a Safer Deck Deck Designs, All New 4th Edition: Great Design Ideas from Top Deck Builders (Home Improvement) Magic The Gathering: Deck Building For Beginners (MTG, Deck Building, Strategy) Magic the Gathering Strategy and Deck Building Tips: A Complete Guide to Building a Magic Deck that Wins! Stack the Deck Revisited: Updated Patterns from Stack the Deck! Giant Rider-Waite Tarot Deck: Complete 78-Card Deck 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)) Why Isn't My Brain Working?: A Revolutionary Understanding of Brain Decline and Effective Strategies to Recover Your Brain's Health Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)