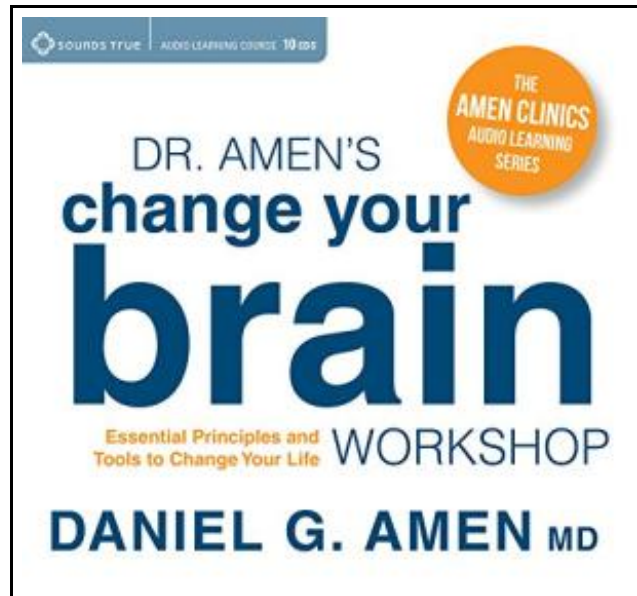


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SOUNDS TRUE INC, United States, 2016. CD-Audio. Book Condition: New. 201 x 129 mm. Language: English . Brand New. Your brain is essential in every facet of your life: how you think, feel, act, and relate with others. With Change Your Brain, Change Your Life, Dr. Daniel Amen shared his research-based model for healing depression, anxiety, ADD, memory problems, and many other challenges rooted in the brain. His pioneering work has changed the lives of thousands of Amen Clinic patients and millions of readers. This audio program gives listeners an opportunity to learn with Dr. Amen directly as he shares the key principles of his book: how to identify your unique brain type, and then heal and care for it to achieve optimal emotional well-being, physical health, and cognitive performance.

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