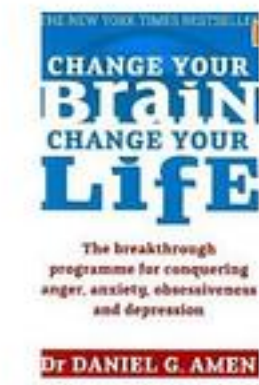


# Change Your Brain, Change Your Life



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著者:Daniel G. Amen

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## BRAIN PRESCRIPTIONS THAT REALLY WORK

In this breakthrough bestseller, you'll see scientific evidence that your anxiety, depression, anger, obsessiveness, or impulsiveness could be related to how specific structures in your brain work. You're not stuck with the brain you're born with. Here are just a few of neuropsychiatrist Dr. Daniel Amen's surprising--and effective--"brain prescriptions" that can help heal your brain and change your life:

To Quell Anxiety and Panic:

, Use simple breathing techniques to immediately calm inner turmoil

To Fight Depression:

, Learn how to kill ANTs (automatic negative thoughts)

To Curb Anger:

, Follow the Amen anti-anger diet and learn the nutrients that calm rage

To Conquer Impulsiveness and Learn to Focus:

, Develop total focus with the "One-Page Miracle"

To Stop Obsessive Worrying:

, Follow the "get unstuck" writing exercise and learn other problem-solving exercises

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论大脑改变对性格、处事、思维方式对改变，及这一改变后对大脑的进一步影响。很不错的一部脑科学书。写于1999年，很期待读一些更前沿的大脑研究书籍。其中一些对负面情绪思维的控制法很值得学习一下。

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