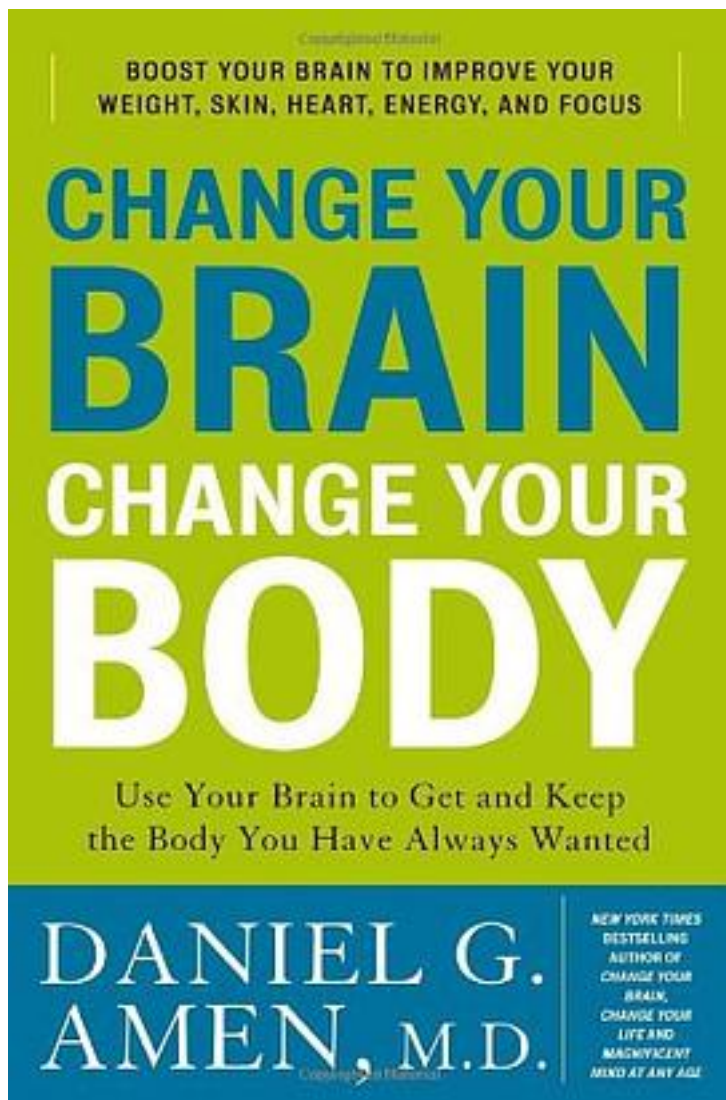


Change Your Brain, Change Your Body



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著者:Daniel G. Amen

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THE KEY TO A BETTER BODY—in shape, energized, and youthful—is a healthy brain. Based on the latest medical research, as well as on Dr. Amen’s two decades of clinical practice at the renowned Amen Clinics, where Dr. Amen and his associates pioneered the use of the most advanced brain imaging technology, *Change Your Brain, Change Your Body* shows you how to take the very best care of your brain.

With fifteen 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
- * Soothe and smooth your skin at any age
- * Reduce the stress that can impair your immune system
- * Sharpen your memory
- * Increase willpower and eliminate the cravings that keep you from achieving your exercise and diet goals
- * Enhance sexual desire and performance
- * Lower your blood pressure without medication
- * Avoid depression and elevate the enjoyment you take in life’s pleasures.

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.

作者介绍:

丹尼尔·亚蒙

● 世界知名脑成像专家，被誉为“美国大脑健康之父”。通过了精神病学双职业认证，被美国精神病学会授予杰出会员称号。

● 创建了世界闻名的亚蒙诊所，拥有全球超大的与行为相关的功能性脑扫描数据库，总共收集了来自111个国家的125 000多份大脑扫描数据。

● 设计、制作、主持过11个很受美国大众欢迎的大脑节目，10次荣登《纽约时报》畅销书排行榜，《华盛顿邮报》称他为“全美备受欢迎的精神科医生”。

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