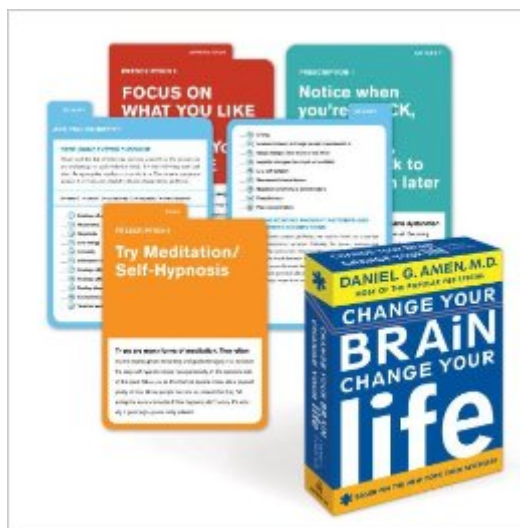


The book was found

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

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Language: English

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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 See all reviews (80 customer reviews)

Best Sellers Rank: #19,512 in Books (See Top 100 in Books) #13 in Books > Health, Fitness & Dieting > Psychology & Counseling > Physiological Aspects #82 in Books > Health, Fitness & Dieting > Psychology & Counseling > Applied Psychology #160 in Books > Science & Math > Biological Sciences > Biology

Customer Reviews

If you have read any of Dr. Amen's books you already know what a genius this man truly is and how revolutionary and life changing the application of his work can be on your own life. These cards are the next step after reading his books and area a great way to add daily reminders to keep you on track. I highly recommend them!

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.

Wonderful, helpful, practical information on changing your "life". If you're tired of being sick and tired, get this book or better yet buy the video series and watch Daniel Amen talk you through how

you can change your life by changing how you "think". Brain stuff, but not "heady".

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.

I love the way Dr. Amen explains everything so you can understand, even if some of it is technical, message still gets through. The deck is easy to put in your purse, and go to it over and over again. Thank you Dr Amen.

I use these cards for my substance abuse education classes and my clients love them. They are easy to understand and the clients like the terminology much better than the standard CBT language! Highly recommend.

Essentially that is what is required, and need by those who feel a need for change.....WE can change our brain/habits/beliefs, IF that is what you may be open to....You will need an open perspective 1st, and foremost, and then there are basic, and fundamental exercises to initiate in your thought process, catch and 'squish' ANTS' (Automatic Negative Thoughts).....Best to you in your endeavor to change the old, and outdated perspectives you may have that do not work for you anymore....

I needed something that was portable, broken into easy to read segments and was self-contained. These cards are handy and full of great pick me ups and reminders!

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