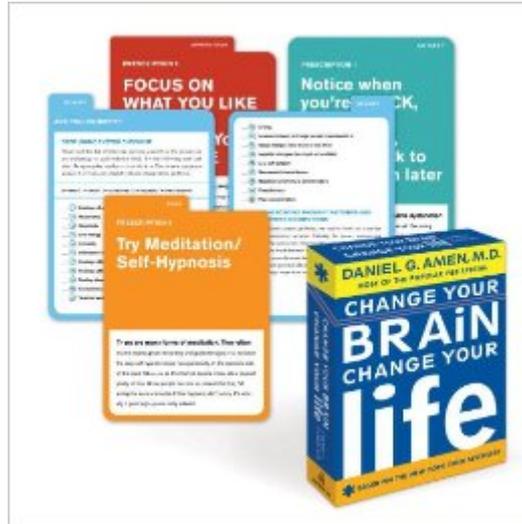


The book was found

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 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!

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

Change Your Brain, Change Your Life Deck
Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment)
Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity)
Change Your Habits
Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating)
Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power)
Change Your Brain, Change Your Body: Your

Ultimate Brain/Body Makeover (6 CD Set) Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted Complete Deck Book: Everything You Need to Design and Build Your Own Dream Deck (Sunset Books) Magic the Gathering Strategy and Deck Building Tips: A Complete Guide to Building a Magic Deck that Wins! Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness Why Isn't My Brain Working?: A revolutionary understanding of brain decline and effective strategies to recover your brain's health 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)) My Grain & Brain Cookbook: 101 Brain Healthy and Grain-free Recipes Everyone Can Use To Boost Brain Power, Lose Belly Fat and Live Healthy: A Gluten-free, Low Sugar, Low Carb and Wheat-Free Cookbook Grain Brain Audiobook: David Perlmutter GRAIN BRAIN Audio CD: Grain Brain David Perlmutter BRAIN: 51 Powerful Ways to Improve Brain Power, Enhance Memory, Intelligence and Concentration NATURALLY! (MEMORY, Memory Improvement, Learning, Brain Training) Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) Change Your Brain, Change Your Body Cookbook (2 CD Set) Change Your Gambling, Change Your Life: Strategies for Managing Your Gambling and Improving Your Finances, Relationships, and Health Your Brain on Sex: How Smarter Sex Can Change Your Life

[Dmca](#)