



Change Your Brain, Change Your Body Deck: 50 Ways to Boost Your Brain for a Better Body

Daniel G. Amen M.D.

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Dr. Daniel Amen's bestselling *Change Your Brain, Change Your Body* showed countless readers how to get into peak physical condition by mastering the brain-body connection. Now Dr. Amen's vast clinical experience as a neuropsychiatrist and his powerful brain-building action steps have been simplified and converted into a flash card format that makes it easier than ever to get the body you've dreamed of having:

- Reach and maintain your idea weight
- Get an excellent night's sleep
- Reduce stress and lower your blood pressure without medication
- Increase willpower, eliminate unhealthful cravings, and much more

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