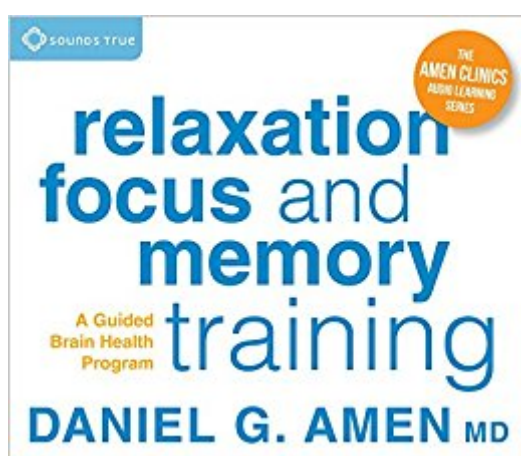


The book was found

Relaxation, Focus, And Memory Training: A Guided Brain Health Program (Amen Clinics Audio Learning Series)



Synopsis

With Relaxation, Focus, and Memory Training, Dr. Daniel Amen provides listeners with one of the most effective tools he uses with his own patients: a visualization and stress-reduction session presented by Dr. Amen himself. Dr. Amen created this recording for use as a self-contained program, as well as a valuable support for the millions who have benefited from the principles taught in his bestselling books and public television specials. Used for just 25 minutes a day, this guided relaxation and visualization tool has been shown to enhance blood flow throughout the brain-improving attention, memory, and emotional well-being in as little as one week.

Book Information

Series: Amen Clinics Audio Learning Series

Audio CD: 1 pages

Publisher: Sounds True; 1 edition (September 1, 2015)

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Product Dimensions: 5.5 x 0.5 x 4.8 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 10 customer reviews

Best Sellers Rank: #216,214 in Books (See Top 100 in Books) #54 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #76 in [Books > Books on CD > Health, Mind & Body > General](#) #132 in [Books > Books on CD > Nonfiction](#)

Customer Reviews

DANIEL G. AMEN, MD, is a double board-certified psychiatrist and author of nine New York Times bestsellers, including *Change Your Brain, Change Your Life* (Harmony, 1999); *Magnificent Mind at Any Age* (Three Rivers, 2009); and *Unleash the Power of the Female Brain* (Harmony, 2013). He has been featured on many PBS television programs and is the founder and medical director of the Amen Clinics. For more, visit amenclinics.com.

Fabulous meditation cd.

I've got this CD about 3 months ago. I try to play the meditation every day or every other day. I think it really works for me reducing the stress level, anxiety and improving concentration. Sometimes

when I'm tired I'm getting in a very deep hypnotic state and Dr.Amen's words really sink into my brain. So that this sound and scientifically proven brain-training strategy is becoming an essential part of my lifestyle making it easier to introduce some new healthy habits concerning nutrition, sleep, etc. And I'm taking some Dr.Amen's vitamins. I think they create great synergetic effect together with this meditation.

Time proven principles and something that could benefit all.

Dr. Amen and his team have created a program of exceptional quality.

I haven't used it enough to really know if it's helping me to relax, but I'm working on it. The case broke the 2nd time I opened it though.

This will relax you so much. The more you lay down and listen the more relaxed you become over time. Don't know what I would do without it. Looked long and hard for a tape like this

Dr. Amen has a good voice to listen to. That is essential for a meditation tape. I am really enjoying the meditation and it is helpful.

This CD is very helpful with calming myself and keeping focus.

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Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Memory: Boost Your Memory with Easy Exercises - Improve Your Mental Focus in Everyday Life (FREE BONUS INCLUDED) (Improve memory, improving memory, remembering more, productivity improvement) Memory Repair Protocol - Improve Your Memory: Powerful Strategies To Enhance Your Memory - The Ultimate Guide to Unleash Your Brain's Potential (memory loss Book 1) Brain Training Exercises to Boost Brain Power: for Improved Memory, Focus and Cognitive Function Brain Training And Brain Games for Memory Improvement: Concentration and Memory Improvement Strategies with Mind Mapping (New for 2015) Making a Good Brain Great: The Amen Clinic Program for Achieving and Sustaining Optimal Mental Performance Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness(Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training How to Improve Your Memory and Remember Anything: Flash Cards, Memory Palaces, Mnemonics (50+ Powerful Hacks for Amazing Memory Improvement) (The Learning Development Book Series 7) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems

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