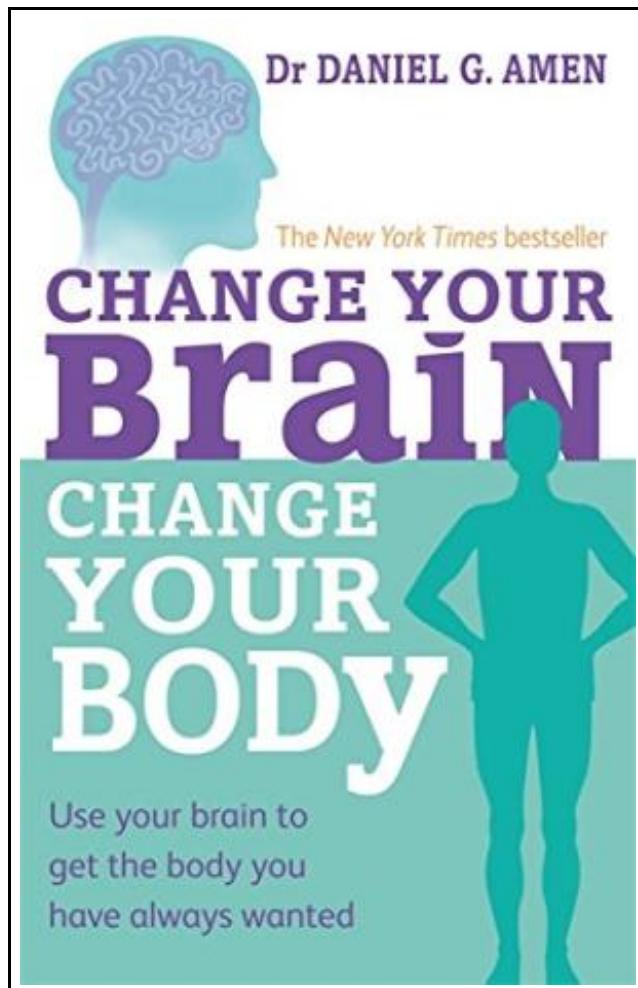


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Little, Brown Book Group, United Kingdom, 2012. Paperback. Book Condition: New. 194 x 126 mm. Language: English . Brand New Book. The key to a better body is a healthy brain. CHANGE YOUR BRAIN, CHANGE YOUR BODY shows you how to take the very best care 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 cravings * 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.



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