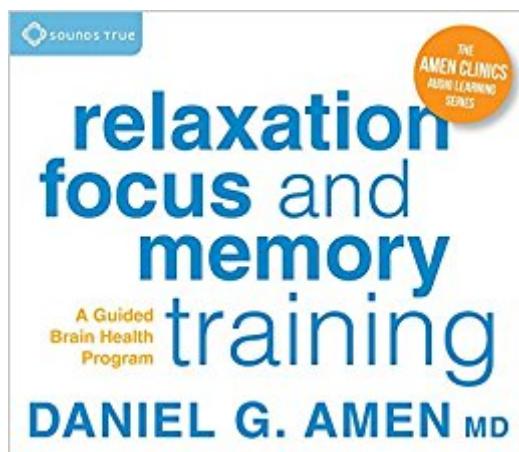


The book was found

# 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

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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](http://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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Relaxation, Focus, and Memory Training: A Guided Brain Health Program (Amen Clinics Audio Learning Series) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Memory Training: Train your brain to improve your memory (Unlimited Memory, Mental Health, Memory Techniques, Education & Reference, Study Skills, Memory Improvement Book 1) Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) Better Memory Now: Memory Training Tips to Creatively Learn Anything Quickly, Improve Memory, & Ability to Focus for Students, Professionals, and Everyone Else who wants Memory Improvement Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive

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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