

It all starts with your brain: how you think, how you feel, how you interact with others, and how well you succeed in realizing your goals and dreams. When your brain works right, so do you. When its out of balance, you feel frustrated, or worse. Yet amid all the advice that bombards us daily about how to keep the rest of our body strong and healthy, we hear very little about how to keep the most complex and magnificent organ of all, the human brain, in top working order. Based on the most up-to-date research, as well as on Dr. Daniel Amens more than 20 years of treating patients at the Amen Clinics, where he and his associates pioneered the use of brain imaging in clinical practice, Magnificent Mind at Any Age does exactly that. Dr. Amen shows how many of the traditional approaches to overcoming the mind-centered challenges that hold us back; try harder, work longer, find the sheer willpower, either do not work or may make our problems worse. The true key to satisfaction and success at any age is a healthy brain. By optimizing our brain function we can all develop these qualities of a magnificent mind enjoyed by the worlds most successful and happiest people.

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