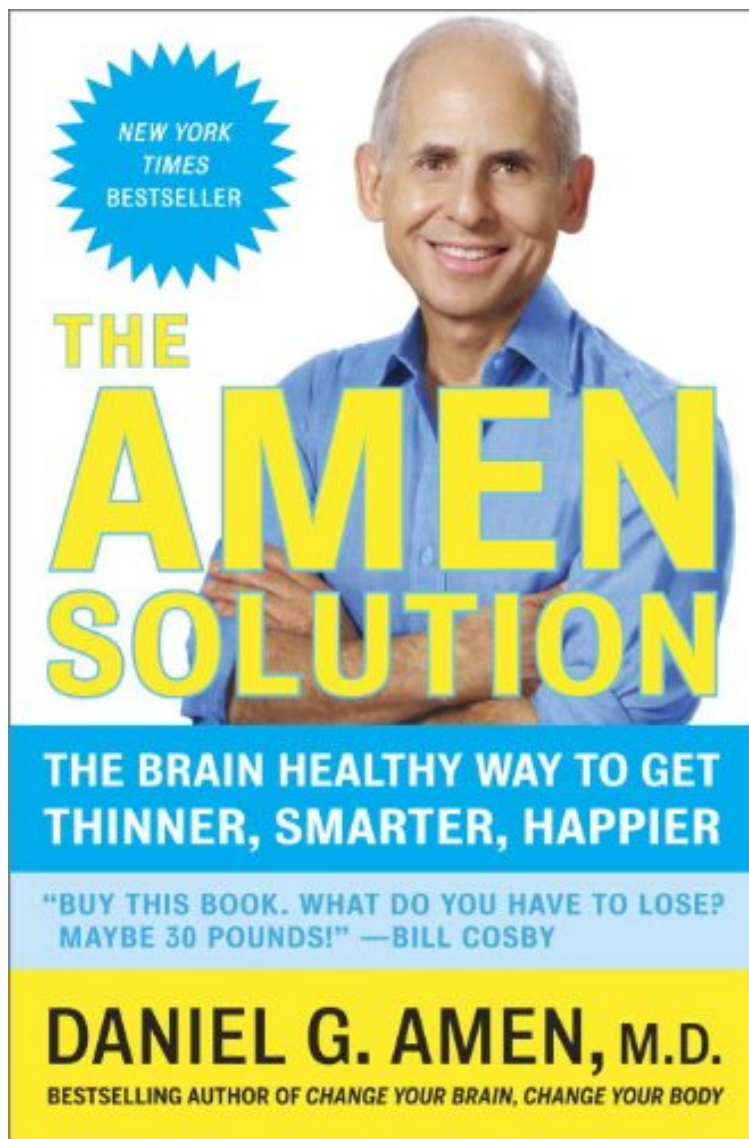


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# The Amen Solution: The Brain Healthy Way to Lose Weight and Keep It Off



Par Daniel G. Amen Md  
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## Description :

Prsentation de l'diteurA breakthrough, easy-to-follow brain-based program to lose weight and keep it offfor the rest of your lifefrom the bestselling author of Change Your Brain, Change Your Body, Magnificent Mind at Any Age, and Change Your Brain, Change Your Life Have you tried diet after diet without success? Want to know the two major secrets why most diets dont work?The #1 secret is that most weight problems occur between your ears, not in your stomach. If you want a better body the first place to always start is by having a better brain. Secret #2 is that there isnt just one brain pattern associated with being overweight; there are at

least five patterns. Giving everyone the same diet plan will make some people better, and a lot of people worse. Finding the right plan for your individual brain type is the key to lasting weight loss. In *The Amen Solution* bestselling author and brain expert Dr. Daniel Amen shares his one-of-a-kind brain-based program that helps you lose weight, improve your memory, and boost your mood at the same time. This is the same program offered at the world-renowned Amen Clinics that has already helped thousands of people lose the love handles and muffin tops. Based on the most up-to-date research, Dr. Amen shows you how to

Determine your individual brain type so you can find the plan that will work for you Say goodbye to emotional overeating to shed pounds Curb your cravings and boost willpower Improve your brainpower, memory, and mood Make small lifestyle changes that have a huge impact on weight loss Prepare easy, delicious brain-healthy meals Packed with insight, motivation, and everything you need to get started right away, *The Amen Solution* will help you lose unwanted weight and teach you the strategies to keep it off for a lifetime. From the Hardcover edition.

Revue de presse If weight loss was easy, then simply eating less and exercising would always work. The *Amen Solution* tells you its a lot more complex because of the role of the brain. You need a plan. Daniel Amen provides a proven pathway based on changing your brain chemistry to not only to easily lose weight, but keep it off for a lifetime. Barry Sears, Ph.D. author of *The Zone* Buy this book. What do you have to lose? Maybe 30 pounds! This book is simple, easy to follow, and will make you smarter and better looking in a bathing suit at the same time. I highly recommend it. Bill Cosby *The Amen Solution* demystifies getting thin and makes it easy. A must read for anyone interested in losing weight and keeping it off. Dharma Singh Khalsa, author of *Food as Medicine* Dr. Amen pulls it all together, combining the best scientifically based information with years of clinical experience, and his own original research. You'll discover how you can create your own individualized program to become thinner, smarter and happier, and stay that way! Hyla Cass M.D. author of *8 Weeks to Vibrant Health* Powerful, practical, and solution-oriented a must read for anyone interested in the connection between brain and body health. It is also a book that can be read by adolescents and in school-based programs. I highly recommend it. Michael Gurian, author of *The Wonder of Boys and The Wonder of Girls* A masterful analysis of the factors that influence weight gain and permanent, sustainable weight loss, written in easy to understand language, leaving the reader with only one thought: "I CAN DO THIS!" Dr David Ajibade, Co-Founder and President, Building Strength, LLC I've witnessed the positive results of *The Amen Solution* both personally and with my patients. This is a book you will want to get for yourself, your friends, family, and the health care professionals in your life! Help change the world and join the brain health revolution. Earl R Henslin Psy.D., author of *This is Your Brain on Joy* A great book, filled with good, solid, simple advice for eating healthy and losing weight, with many original strategies for interrupting negative behaviors and enhancing motivation key elements for achieving success.. Andrew Newberg, MD and Mark Waldman, authors of *How God Changes Your Brain* From the Hardcover edition. Presentation de l'auteur A breakthrough, easy-to-follow brain-based program to lose weight and keep it off for the rest of your life from the bestselling author of *Change Your Brain, Change Your Body*, *Magnificent Mind at Any Age*, and *Change Your Brain, Change Your Life* Have you tried diet after diet without success? Want to know the two major secrets why most diets don't work? The #1 secret is that most weight problems occur between your ears, not in your stomach. If you want a better body the first place to always start is by having a better brain. Secret #2 is that there isn't just one brain pattern associated with being overweight; there are at least five patterns. Giving everyone the same diet plan will make some people better, and a lot of people worse. Finding the right plan for your individual brain type is the key to lasting weight loss. In *The Amen Solution* bestselling author and brain expert Dr. Daniel Amen shares his one-of-a-kind brain-based program that helps you lose weight, improve your memory, and boost your mood at the same time. This is the same program offered at the world-renowned Amen Clinics that has already helped thousands of people lose the love handles and muffin tops. Based on the most up-to-date research, Dr. Amen shows you how to Determine your individual brain type so you can find the plan that will work for you Say goodbye to emotional overeating to shed pounds Curb your cravings and boost willpower Improve your brainpower, memory, and mood Make small lifestyle changes that have a huge impact on weight loss Prepare easy, delicious brain-healthy meals Packed with insight, motivation, and everything you need to get started right away, *The Amen Solution* will help you lose unwanted weight and teach you the strategies to keep it off for a lifetime. From the Hardcover edition.