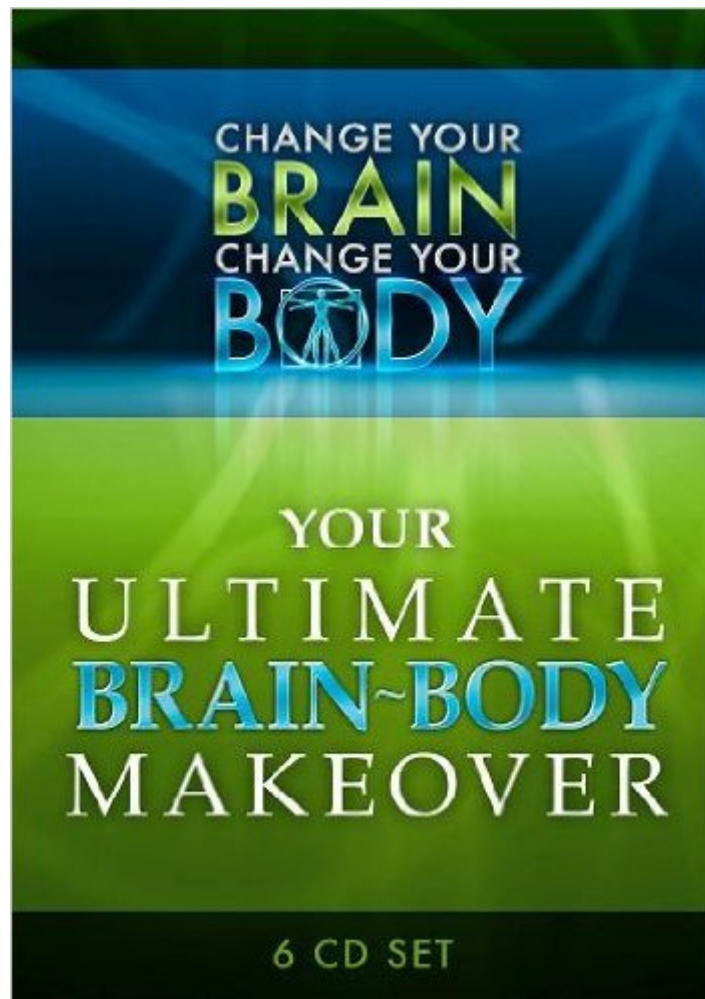


The book was found

Change Your Brain, Change Your Body: Your Ultimate Brain/Body Makeover (6 CD Set)



Synopsis

In this Exciting 6 CD audio set Dr. Amen and his staff give you many practical ways on how to improve both your brain and your body. Included in this package are: CD #1: Emergency Health Rescue Kit - Do These 10 Things First to Get Control of Your Brain and Your Body Today CD #2: A Detailed Guide to Brain Typing for Weight and Overall Health CD #3: Boost Your Brain to Lose Your Belly - 10 Strategies to Strengthen Your Brain and Your Body CD #4: Natural Ways to Boost Your Brain and Body - The Amen Clinic Supplement Guide CD #5: ANT Therapy, Stress Busting and Overcoming the Obstacles to Getting a Better Brain and a Better Body CD #6: Hypnotic Sessions for weight loss, sleep, anxiety

Book Information

Audio CD

Publisher: Mindworks Press (2010)

Language: English

ASIN: B003M74T3M

Product Dimensions: 7.5 x 5.3 x 0.6 inches

Shipping Weight: 6.4 ounces

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #118,625 in Books (See Top 100 in Books) #12 inÂ Books > Health, Fitness & Dieting > Nutrition > Fiber #46 inÂ Books > Books on CD > Health, Mind & Body > General #281 inÂ Books > Health, Fitness & Dieting > Children's Health

Customer Reviews

very interesting love it

This has opened my mind and my ears to things I and several others I know are struggling with.

Each disc was self contained but worked with the others. Listen to several times. The medical info was easy to understand.

great info

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Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Change Your Brain, Change Your Body Cookbook (2 CD Set) The Organic Makeover Diet: 21-Day Program to Reset Your Hormones so You Can Lose Body Fat & Increase Energy Without Hunger! Drop 10 Lbs Fat in Just 3 Weeks. Jose Eber Beyond Hair: The Ultimate Makeover Book New Mind New Body: The Inner Makeover for a New You Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) Total Memory Makeover: Uncover Your Past, Take Charge of Your Future Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Quick and Easy Paint Transformations: 50 step-by-step ways to makeover your home for next to nothing My Horse Riding Makeover: 10 Simple Equestrian Lessons, Habits and Exercises you need to know to improve your horseback riding today Hannah Keeley's Total Mom Makeover: The Six-Week Plan to Completely Transform Your Home, Health, Family, and Life LinkedIn Makeover (2nd Edition): Professional Secrets to a POWERFUL LinkedIn Profile Healing Multiple Sclerosis: Diet, Detox & Nutritional Makeover for Total Recovery, New Revised Edition Healing Multiple Sclerosis, New Revised Edition Diet, Detox & Nutritional Makeover for Total Recovery

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