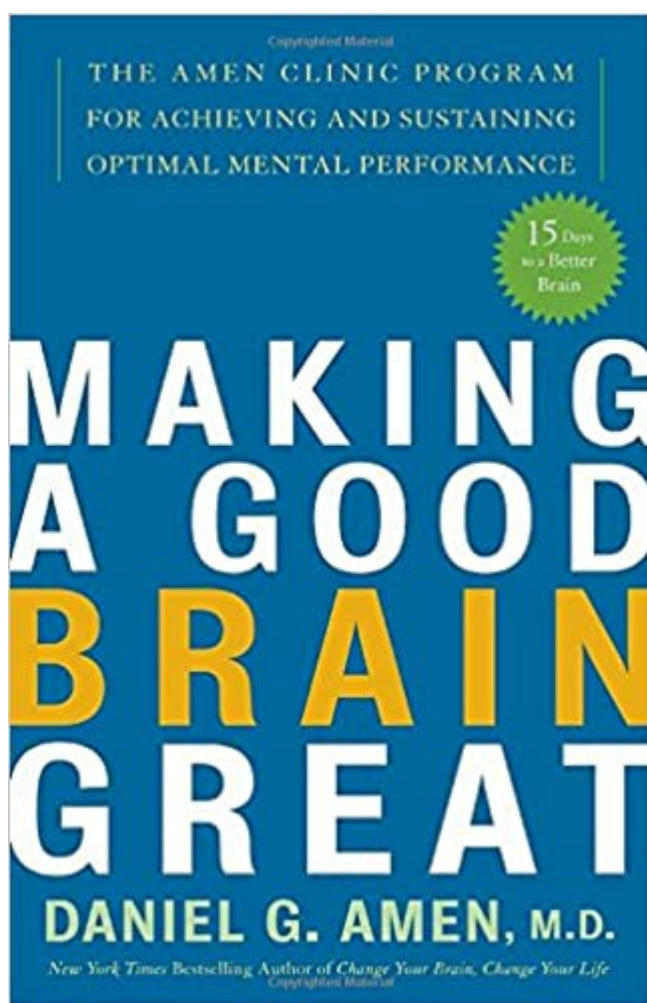


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# Making A Good Brain Great: The Amen Clinic Program For Achieving And Sustaining Optimal Mental Performance



## Synopsis

Daniel Amen, M.D., one of the world's foremost authorities on the brain, has news for you: your brain is involved in everything you do • learn to care for it properly, and you will be smarter, healthier, and happier in as little as 15 days! You probably run, lift weights, or do yoga to keep your body in great shape; you put on sunscreen and lotions to protect your skin; but chances are you simply ignore your brain and trust it to do its job. People unknowingly endanger or injure their brains, stress them by working at a frenzied pace and not getting enough sleep, pollute them with caffeine, alcohol, and drugs, and deprive them of proper nutrients. Brain dysfunction is the number one reason people fail at school, work, and relationships. The brain is the organ of learning, working, and loving • the supercomputer that runs our lives. It's very simple: when our brains work right, we work right • and when our brains have trouble, we have trouble in our lives. Luckily, it's never too late: the brain is capable of change, and when you care for it, the results are amazing. Making a Good Brain Great gives you the tools you need to optimize your brain power and enrich your health and your life in the process. The principles and exercises in this book, based on years of cutting-edge neuroscience research and the experiences of thousands of people, provide a wealth of practical information to teach you how to achieve the best brain possible. You will learn: • how to eat right to think right • how to protect your brain from injuries and toxic substances • how to nourish your brain with vitamins and do mental workouts to keep it strong • the critical component of physical exercise, and which kinds work best • how to rid your brain of negative thoughts, counteract stress, and much more! Full of encouraging anecdotes from Dr. Amen's many years of experience, Making a Good Brain Great is a positive and practical road map for enriching and improving your own greatest asset • your brain. From the Hardcover edition.

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## Customer Reviews

In order to make muscles grow, one must eat right, exercise and force the muscles to do new things; the same is true of one's brain-which is just one of the things to learn from this short but informative audiobook from one of the world's leading experts on how the brain works. Works of this sort usually aren't well suited to audio, and this one is no exception. Unless listeners are studiously taking notes while listening, they will need to find a hard copy when the time comes to apply Amen's advice. However, Amen's friendly and warm narration relates the precepts of his brain-boosting program in a way that makes them easy to understand and absorb. The audiobook becomes repetitive when Amen tries to reinforce certain points, but this production is otherwise enjoyable and will leave listeners eager to implement some of the strategies outlined. Amen is a renowned keynote speaker and frequently appears on TV, so there's no surprise that his engaging and exuberant style makes this a fascinating exploration of how the brain works. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"This book is wonderful. It gives the reader great understanding and hope that changes in oneself can be made. If you put these changes into action, a happy and healthy brain is yours." • Bill Cosby "Each of Daniel Amen's books contains special nuggets that can be found nowhere else, as well as a wealth of useful, general information that he brings together under one roof. This book offers excellent advice as well as a great deal of new information. An extremely useful and easy-to-read book." • Edward Hallowell, M.D., author of *Delivered from Distraction* and *The Childhood Roots of Adult Happiness* "Making a Good Brain Great is the long-awaited synthesis of a true visionary's work. I highly recommend it to anyone interested in self-improvement, and especially parents and other caregivers of children" • this book is a gem for those of us who want to raise healthy kids. • Michael Gurian, author of *The Minds of Boys* and *The Wonder of Girls* "The most important gift we have to share is wisdom. In this timely book, Dr. Amen shows us how to create a great brain so we can make the world a better place." • Dharma Singh Khalsa, M.D., president/medical director of the Alzheimer's Prevention Foundation, and author of *The*

Better Memory Kit and The End of Karma – “A must-read for those who live by their wits.” • Dennis B. Alters, M.D., child, adolescent, and adult psychiatry, and author of Wizard’s Way From the Hardcover edition.

The brain is important and I really like the objective of this book. Get advice of food supplements and exercise. We get explanation of how the brain deals with certain behaviour. The book covers a lot of different areas, which is good given the book’s objective. What I don’t like is that the book seems to be written for the average American. The problem is however that the average American will not buy the book. So we are told that we eat a lot of junk food so we need supplements. But the author seems to imply that we need these supplements even if we eat very healthily to start with. I would have much preferred a book that talks directly to the real target audience of the book. Finally, the book refers to a lot of academic research, which is good. However, the author fails to note that there are lots of studies casting doubt on many of the referenced studies. The consequence is that that author is able to put forward lots of studies arguing for lots of food supplements or changed behaviours. He author cares much less about whether the findings have been found repeatedly or whether the findings have large effect size. In my mind this book is between three and four stars. It is a pretty good 101 on the subject. Since there is no book covering 201 and you have to go to the PhD course 801 to get to the next step, this book is probably as good as it gets at this point in time. So I give the book four stars. Another book to check out is Weil’s “Healthy Ageing” (sorry but product link doesn’t work), which deals with similar themes as this book. (If other readers have good recommendations I would really appreciate if you comment on this review!)

Great info on the brain and how it works. Also a cogent reminder of the importance of taking care of our brain and not doing things that will diminish its wonderful performance. Filled with great information, things I didn’t know and one of those books written in a style that keeps me engaged.

In this audio CD Dr. Daniel G. Amen very clearly explains the functioning of the various parts of the brain and how they interact with one another and with the rest of the human body. It is not necessary to have any prior knowledge about the brain to understand it because it is basic but full of rich knowledge. So people who are already experts about the brain will also not be bored. Because Dr. Amen diverts from the conventional psychiatric approach to the brain and professionals in psychiatry, psychology and neurology have a lot to gain by listening to Dr. Amen whether they agree with him or not provided that they listen modestly and with an open mind. Dr. Amen also

explains how the brain can be damaged and how to protect it, the type of physical and mental exercises, diet, vitamins and supplements and thinking patterns necessary to develop and utilize the full potential of the brain. He also talks about various psychiatric disorders their diagnoses and treatments, when someone should seek professional psychological / psychiatric help etc. He talks about the importance of looking at the brain images like and orthopedist looks at X rays or MRI's of the skeleton before diagnosing. This is not to replace other methods in psychiatry or clinical psychology but to assist those techniques in diagnosis and treatment. Many psychiatrists neglect looking at brain images claiming that it is unnecessary. I am no psychiatry expert but I believe many psychiatrists belittle brain imaging technology because they are not trained in it. Obviously, to be helpful the brain images must be carefully interpreted by professionals trained to do so. I have personally witnessed once in another clinic that brain imaging was not carefully interpreted to diagnose but was used only to charge the patients. This is a bad intentioned application that can not be generalized. I believe that with proper use this technology is even more promising in the future. Dr. Amen is a very good talker in the CD. The questions raised and their explanations follow a clearly understandable and enjoyable sequence. Anybody interested in developing his / her knowledge of the brain, in maximizing his / her brain's potential and / or in solving certain emotional / psychological problems will benefit from listening this audio CD or reading the book several times regularly.

I love this author! I have read several of his books and I continue to learn with every new book. His knowledge is unbelievable and I am a huge fan of his work!

Daniel Amen is one of the foremost experts on brain health. This book provides valuable information to help you achieve a healthy brain. At the same time Dr. Amen is heavily promoting his services at the Amen Clinic and in that sense the book is a long infomercial. Reading one of his books is valuable; reading more than one maybe less so.

I think the two top reviews are very well written, so I am not going to revisit the same territory. In essence, I agree with everything they said. This book is loaded with sound advice, good references, supplement recommendations, etc. What I wanted to add is that it is a very readable, practical and enjoyable book for anyone. For anyone with a brain (all of us!), it's an inexpensive investment in return for a lifetime of benefits. Dr. Amen focuses a lot on prevention of problems, especially those related to aging and the brain. As a former biochemist, his suggestions make sense and I have

implemented them in my own life. If you are on SSRIs (e.g. Zoloft), have ADD/ADHD or other issues, there is a lot of value added material about how certain supplements can be VERY helpful and as effective as some drugs. He also includes warnings where it is appropriate and they seem to lean on the conservative side. I don't have any reservations about this book or the credibility of the author. It's a "no brainer" decision from my perspective, I don't know of one that is better and I read a lot!

I enjoy reading this book. It helped relearn new things that I will implement in my life to save by Brian. I like the supplements part. Nninos.com

If your child plays any contact sports read this book carefully. The author, a doctor with seemingly outstanding qualifications to make the claims he does, says their chances of brain damage are very high. Read it and decide for yourself if you can accept the risks.

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