

*NEW YORK TIMES BESTSELLING AUTHOR OF
CHANGE YOUR BRAIN, CHANGE YOUR LIFE*

DANIEL G. AMEN, MD
TANA AMEN, BSN, RN

The
**Brain
Warrior's
Way**

*Ignite Your Energy and Focus
Attack Illness and Aging
Transform Pain into Purpose*

Daniel G. Amen M.D. and

The Brain Warrior's Way: Ignite Your Energy and Focus, Attack Illness and Aging, Transform Pain into Purpose



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New York Times bestselling authors Dr. Daniel Amen and Tana Amen are ready to lead you to victory...re out to get us. The Brain Warrior's Method. Bad choices, nevertheless, can lead to an array of problems within your body. The Amens will guide you through the procedure, and give you the various tools to take control. So if you' The standard American diet we eat is making us ill; It's time to live a better existence— When it functions right, the body works right, and your decisions tend to become thoughtful and goal directed. When trying to live a wholesome lifestyle, every day can feel just like a battle. we are constantly bombarded by a fear-mongering press;re serious on the subject of your health, either out of desire or necessity, it' Forces are destroying our bodies and our thoughts. and we're hypnotized by complex gadgets that keep us from our family members. Even our very own genes can look like they'. Nevertheless, you can earn the war. You can live life to the fullest, be your best, and experience your ideal, and the key to victory rests in the middle of your ears. The human brain runs your daily life. can be your arsenal to win the fight to live an improved life.and lose much more if needed. Nevertheless, you can master your brain and body for the rest you will ever have with a scientifically-designed program: the mind Warrior's Way.right now! Master your brain and body for the others of your lifestyle. This is not a program to reduce 10 pounds, while you will do that— Studies show that your habits start or off particular genes that produce illness and early death more or less likely. You can even prevent Alzheimer's, reverse ageing, and improve your: -Overall health -Focus -Memory -Energy -Work -Mood Stability -Flexibility -Inner Peace -Relationships The Amens have helped tens of thousands of customers over thirty years, and now they can help you.s period to arm yourself and head into battle.



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Some good information; 4 email messages a day. Amen's new book is worth the time. Too many anecdotes and inadequate actual compound for the total pages. My problem came after reading over most of the book and getting to the stage where I was prepared to start the "14 Day Brain Boost." I imprinted out the 42 page journal and prepared to begin gathering my go-to recipes, rest scripts, and examples of exercise sessions to use within my 14 time start-up, that have been supposedly accessible through links provided in the publication. A good selection of recipes and methods to use the allowed foods is normally vital that you me since I have food allergies and issues with losing an excessive amount of weight. Other great guidelines; Supplements. Foods.. Books.I had less success getting any specific relaxation helps or the guided whole sensory rest audios mentioned in the book. Your brain is priority #1 and this publication can be your manual. I had planned on buying their cookbook until I noticed that several of the 12 dishes online included Amens' branded substances, sold on their website. Amen and this one was just boring. Audios..A lot of the information within the mind Warrior's Way is good. I really like this book because it explains a different way to believe. Perhaps I am merely being overly critical of their aggressive advertising. I THANK Dr. Amen for his study and his . Two Stars SOSO Five Stars Great book! I actually THANK Dr.. Amen for his study and his guidance on improving our health. However, he has truly gone tooooo commercial. too much commercial pressure We watched a PBS special featuring the Amen's and ordered this book soon afterward.I feel he does a better job when he writes a reserve by himself. VERY LITTLE New Information I feel like I'm reading a lot of the same information from earlier books, stated a different way. Also worried about recommendations for a few of the supplements which have been shown to be ineffective. We really don't care about his wife's personal encounters. if you haven't read them, then, Dr. I found it slower going than most books of it's type. Excellent book with great tips!After 1/2 hour of digging for the info I needed on the book's provided links, I finally found a total of 12 dishes that could be accessed with out a fee. I really do not know one person who wouldn't benefit from reading this. So a lot of things I have discovered from this book that I recommend that you either compose notes in leading of the book or create a note on your phone. What a con. (She actually has me considering martial arts). Therefore, I used the earlier mentioned links from the books but, after a free evaluation 'Brain Type' test, I was inundated with advertisements for more Amen items to buy. make a list of brain healthful restaurants, make brain health a game with your kids, make 1 decision not 30, warriors don't take December off, everything in moderation can be ruining your health, brain is 80 percent water=hydration is essential, watching news=negative influence, p144-147 gets the best brain guidelines, avoid corn at all costs. I could go on and on. Read it and buy copies for everyone you like.. Hardly any new information This book really was disappointing. Many thanks! I took the cookbook from my cart and decided to spend your time and effort finding dishes which met the rules of gluten-free, diary-free of charge and low sugar by myself. Hardly any new information. And overweight handed advertising.I love his previous books and consider them a fantastic investment for your health; Amen which one was just boring. I would rather have science. A powerful metaphor A very motivating book, when you consider that it vividly presents the harm we are performing to your brains by mismanaging our diet plans, and looking the other way. Very compelling in giving reasons not to allow this negative pattern too continue. I really like this book since it teaches you a different way . Courses.. The Amen's talk of being "sheepdogs" who's lifestyle purpose is to instruct others to greatly help those around them experienced hollow after looking at their sales techniques. It isn't all sciency but plenty of to aid the reasoning. I bought this and the cookbook and I'm very pleased I did so. Aligning yourself with Saddleback church and Rick Warren was bad enough but

this is simply woo woo garbage. I'm understanding how to be a warrior for my brain and body and searching at 'deprivation' in a complete new way. I've read all the other books by Dr. Anecdotal, lacking substance Anecdotal and you really have to pick and choose through the mess to access any meat in it. Definitely look elsewhere, this series seems extremely product sales pitchy and a waste of your time. Knowledge is power Great book but you will want to make an excellent profit rather than a ridiculous amount at the expense . I'll simply reread the book's section on rest techniques from the book and make my very own classes.. Tana Amen talks about victimization of yourself and how exactly to transform your brain from a victim into warrior. If someone is so interested in helping our brains why perform all his items and his treatment price so very much. I'm sure there is some truth to it, but you will want to make a good profit rather than a ridiculous quantity at the expense of individuals who barely make it. Five Stars Pleased with product and transaction. Thanks! A significant read for your brain. Wonderful book. Four Stars Thank you.. New Age Garbage New Age Garbage! I'm looking within my choices (both food and exercise) differently and I'm only 25% of the way through.



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