



# Change Your Brain, Change Your Body Daily Journal

By Daniel G. Amen, M.D.

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Dr. Amen created a wonderful daily journal to help you keep track of your important numbers and your daily progress. This journal is an invaluable part of the program to help keep you on track toward your goals of having a better brain and a better body. The CYB CYB Daily Journal Includes: -A detailed list of Your Important Numbers -10 Summary Lessons -A daily calorie and brain healthy habit trackers -Weekly progress summaries -Daily positive brain health reminders

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## **Change Your Brain, Change Your Body Daily Journal By Daniel G. Amen, M.D. Bibliography**

- Sales Rank: #322673 in Books
- Brand: Brand: MindWorks Press
- Published on: 2010-03-01
- Number of items: 1
- Binding: Spiral-bound
- 233 pages

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### **Editorial Review**

#### **About the Author**

Daniel G. Amen, M.D. is a child and adult psychiatrist, brain imaging specialist, and the medical director of Amen Clinics, Inc. He oversees four clinics, respectively located in Newport Beach and Fairfield, California; Tacoma, Washington; and Reston, Virginia. Dr. Amen is an Assistant Clinical Professor of Psychiatry and Human Behavior at the University of California, Irvine School of Medicine, as well as a Distinguished Fellow of the American Psychiatric Association. Dr. Amen is a nationally recognized expert in the fields of the brain and behavior and brain imaging. He has pioneered the use of brain imaging in clinical psychiatric practice, and his clinics have the world's largest database of functional brain scans for neuropsychiatry.

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