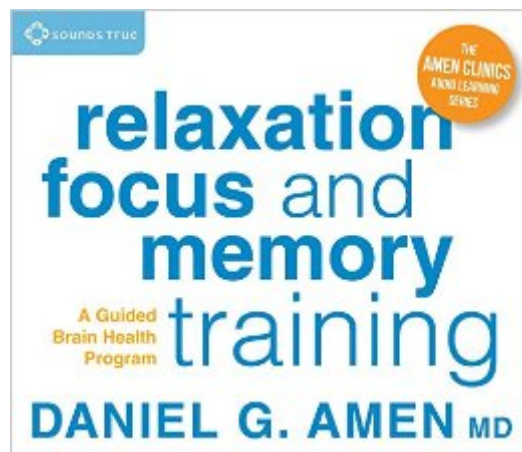


The book was found

Relaxation, Focus, And Memory Training: A Guided Brain Health Program (Amen Clinics Audio Learning Series)



Synopsis

With Relaxation, Focus, and Memory Training, Dr. Daniel Amen provides listeners with one of the most effective tools he uses with his own patients: a visualization and stress-reduction session presented by Dr. Amen himself. Dr. Amen created this recording for use as a self-contained program, as well as a valuable support for the millions who have benefited from the principles taught in his bestselling books and public television specials. Used for just 25 minutes a day, this guided relaxation and visualization tool has been shown to enhance blood flow throughout the brain-improving attention, memory, and emotional well-being in as little as one week.

Book Information

Series: Amen Clinics Audio Learning Series

Audio CD: 1 pages

Publisher: Sounds True; 1 edition (September 1, 2015)

Language: English

ISBN-10: 162203502X

ISBN-13: 978-1622035021

Product Dimensions: 5.5 x 0.5 x 4.8 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars Â See all reviews Â (1 customer review)

Best Sellers Rank: #385,533 in Books (See Top 100 in Books) #132 in Â Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #201 in Â Books > Books on CD > Health, Mind & Body > General #295 in Â Books > Self-Help > Memory Improvement

Customer Reviews

Fabulous meditation cd.

[Download to continue reading...](#)

Relaxation, Focus, and Memory Training: A Guided Brain Health Program (Amen Clinics Audio Learning Series) Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems Dog Training: A Step-by-Step Guide to Leash Training, Crate Training, Potty Training, Obedience and Behavior Training Infection, Ischemia, and Amputation, An Issue of Foot and Ankle Clinics, 1e (The Clinics: Orthopedics) Oral and Maxillofacial Pain, An Issue of Oral and Maxillofacial Surgery Clinics of North America, 1e (The Clinics: Surgery) Pediatric Oral and

Maxillofacial Pathology, An Issue of Oral and Maxillofacial Surgery Clinics of North America, 1e (The Clinics: Surgery) Hysterectomy and the Alternatives, An Issue of Obstetrics and Gynecology Clinics of North America, 1e (The Clinics: Internal Medicine) The Hallux, An Issue of Foot and Ankle Clinics, 1e (The Clinics: Orthopedics) Screening and Prevention in Primary Care, An Issue of Primary Care: Clinics in Office Practice, 1e (The Clinics: Internal Medicine) Special Care Dentistry, An issue of Dental Clinics of North America, 1e (The Clinics: Dentistry) Disorders of the Oral Cavity, An Issue of Veterinary Clinics of North America: Exotic Animal Practice, 1e (The Clinics: Veterinary Medicine) Implant Procedures for the General Dentist, An Issue of Dental Clinics of North America, 1e (The Clinics: Dentistry) Complications in Implant Dentistry, An Issue of Dental Clinics of North America, 1e (The Clinics: Dentistry) Unanswered Questions in Periodontology, An Issue of Dental Clinics of North America, 1e (The Clinics: Dentistry) Endocrine Surgery, An Issue of Surgical Clinics, 1e (The Clinics: Surgery) Vestibular Schwannoma: Evidence-based Treatment, An Issue of Otolaryngologic Clinics, 1e (The Clinics: Surgery) Pediatric Prevention, An Issue of Pediatric Clinics, 1e (The Clinics: Internal Medicine) Practical Urology for the General Surgeon, An Issue of Surgical Clinics of North America, 1e (The Clinics: Surgery) Brain Boost Bundle: Memory, Focus, IQ, Hypnosis, Meditation and Subliminal - The Sleep Learning System Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn

[Dmca](#)