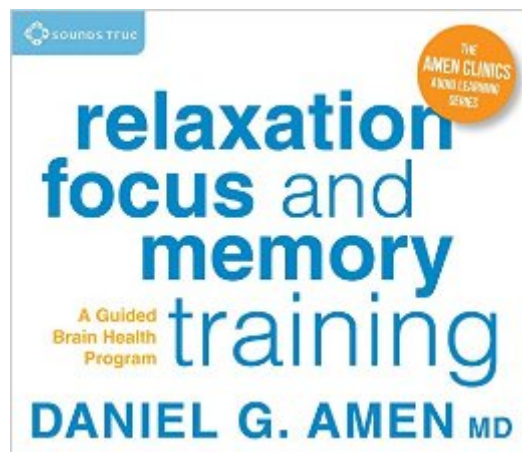


The book was found

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

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