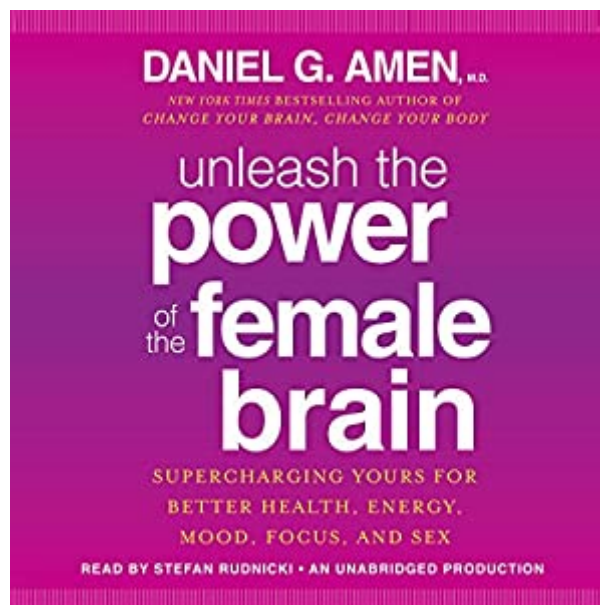




The book was found

Unleash The Power Of The Female Brain: Supercharging Yours For Better Health, Energy, Mood, Focus, And Sex



Synopsis

From one of the world's leading experts on how the brain works, a step-by-step, practical program for women to achieve greater health, energy, and lasting happiness by harnessing the power of the female brain. For the first time, best-selling author and brain expert Dr. Daniel G. Amen offers insight on the unique characteristics and needs of the female brain and a practical, prescriptive program targeted specifically for women to help them thrive. In this breakthrough guide based on research from his clinical practice, Dr. Amen addresses the issues women ask about the most including fertility, pregnancy, menopause, weight, stress, anxiety, insomnia, and relationships.

Book Information

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Customer Reviews

I like Dr Amen and probably have all of his books. Note that there is substantial crossover between the books so you don't need to get them all. One or two will have pretty much everything covered. He is an MD and his writing is medical based but with some real life stuff thrown in too. In other words, he will say that there are times when drugs are needed but also tries to find natural solutions too. I like that.

I loved the volume of useful information provided from this doctor's 20+ years of observation of the structures of the brain as they relate to being both a current physical health indicator, and a harbinger of future health. He includes lots of great information about how our own daily health habits can affect our brain both positively and negatively, and how to make changes that really

matter to your brain's long term health. I had several AHA moments while reading this, and it really got me motivated (which is a hard thing to do) to make some basic changes in my lifestyle to support my brain's long term health. This is a must read if you want to have the tools to maintain a healthy brain now and for the long haul as you go into your golden years.

Dr Amen has written several controversial books. I have read 2 and watched many interviews. Most recent was on Dr M. Oz and on PBS. Both within the last week. Both recommend him. After a many year study it has been concluded that 75% of the people on anti-depressants are receiving no relief!!!!!! Most anti-depressants are used for off label reasons...yes this is legal. I purchased this book because it applies to women and I read the other 2 books for the general population. The women's brain is different than men. He is an expert....world renowned. His credentials are amazing. My doctor said "all of his colleagues recommend him". I have been medicated for over 10 years by various doctors to no avail. I finally got the correct diagnosis of ADD by reading his first book. My grandson has ADHD.....After reading two of his previous books I am now medication free and am working on behavior, diet, and supplements. I CHOOSE not to be medicated. This applies to all however. Look him up.

Explains a lot of things and is very compassionate about the different physiology and hormones that women experience.

I love this book! I am learning so much!!!!

I have read many of Amen's books, and he proves to be a source of valuable information. He has a friendly writing style that does not cloud the very concise and applicable information he has to share. As a therapist, I recommend Amen's work to many of my clients. What often comes up as a mental health issue, particularly anxiety, stress and depression, can find its origin in physical issues that Amen addresses in this book. An excellent read for anyone, and an excellent companion for your counseling journey.

Unleash the Power of the Female Brain should be read by every woman on the planet. There is so much information that he gives that I have to read one chapter at a time to really assimilate the information he is presenting to women in the book. He tells the information almost in a storybook way that it is very enjoyable to read. I have read other books by Dr. Amen and I am incorporating

the information and have changed the way I live. I am going to give the book to my sisters so they can read it. I have told them all about what I have read so far.

Great book with so much insight. I have read it twice now.

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