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# Relaxation, Focus, And Memory Training: A Guided Brain Health Program



**relaxation  
focus and  
memory  
training**  
A Guided  
Brain Health  
Program  
**DANIEL G. AMEN MD**



## Synopsis

Research at the Amen Clinics verifies that the brain can heal itself at any stage of life - and that we can amplify the process through simple measures. With Relaxation, Focus, and Memory Training, Daniel Amen, MD, provides us 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 support for the millions who have benefitted from the principles taught in his best-selling 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

Audible Audio Edition

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Best Sellers Rank: #63 in Books > Self-Help > Memory Improvement #282 in Books > Self-Help > Stress Management #1041 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

## Customer Reviews

Fabulous meditation cd.

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Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) Relaxation, Focus, and Memory Training: A Guided Brain Health Program Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) BRAIN: 51 Powerful Ways to Improve Brain Power, Enhance Memory, Intelligence and Concentration NATURALLY! (MEMORY,

Memory Improvement, Learning, Brain Training) Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) The Brain Health & Better Memory Book: Improve Focus, Memory Recall, and Prevent Dementia Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief Brain Training And Brain Games for Memory Improvement: Concentration and Memory Improvement Strategies with Mind Mapping (New for 2015) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness( Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Photographic Memory, Focus & Clarity, Guided Meditation and Affirmations (The Sleep Learning System) Memory Manipulation: How to Train Your Brain to Think Faster, Concentrate More, and Remember Anything: Learn Memory Improvement and Boost Your Brain Power Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Holistic Relaxation: Erase Anxiety!: Effective Natural Therapies, Stress Management Techniques, Holistic Remedies and Wellness Coaching for Busy People (Anxiety, Mindfulness, Yoga, Relaxation Book 1)