



Cambia Tu Cerebro, Cambia Tu Vida (Paperback)

By Dr Daniel G Amen

Editorial Sirio, United States, 2011. Paperback. Book Condition: New. Translation. 229 x 150 mm. Language: Spanish . Brand New Book. This is a book filled with brain prescriptions (among them cognitive exercises and nutritional advice) that are geared toward readers who ve experienced anxiety, depression, impulsiveness, excessive anger or worry, and obsessive behavior, Change Your Brain, Change Your Life milks the mind-body connection for all it s worth. In this book Dr. Daniel Amen recommends single photon emission computed tomography (SPECT) to help diagnose and manage cases of brain trauma, underachievement, school failure, depression, obsessive compulsive disorders, anxiety, aggressiveness, cognitive decline, and brain toxicity from drugs or alcohol.



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