

Magnificent Mind at Any Age: Natural Ways to Unleash Your Brain's Maximum Potential

By Daniel G. Amen

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It all starts with your brain: how you think, how you feel, how you interact with others, and how well you succeed in realizing your goals and dreams

Based on the most up-to-date research, as well as on Dr. Daniel Amen's more than twenty years of treating patients at the Amen Clinics, *Magnificent Mind at Any Age* shows that the true key to satisfaction and success at any age is a healthy brain. By optimizing our brain function we can all develop the qualities of a magnificent mind enjoyed by the world's most successful and happiest people:

• Increased memory and concentration
• The ability to maintain warm and satisfying relationships
• Undiminished sexual desire and performance
• Goal-oriented perseverance
• Better impulse control and mastery over potential addictions
• Free-flowing creativity and the ability to relax and enjoy life's pleasures

Whether you're in the midst of a demanding career or are looking forward to an active and richly rewarding retirement, *Magnificent Mind at Any Age* can give you the edge you need to live every day to your fullest potential.

"Learn the secrets of a balanced brain from a physician who has experience examining 50,000 scans of patients. Compare a failing mind to a brilliant brain and learn how to move in the direction you desire."
—Mehmet C. Oz, M.D., bestselling coauthor of *You: The Owner's Manual*

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Editorial Review

Review
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“A must-read . . . *Magnificent Mind at Any Age* blends scientific innovation with a clear and powerful writing style. Dr. Amen’s SPECT scans are fascinating, his conclusions are life-changing, and he provides practical health strategies you can utilize immediately.”
—Michael Gurian, author of *What Could He Be Thinking?* and *Leadership and the Sexes*

“I consider Daniel Amen to be the most innovative psychiatrist in America. His premise is simple: you can’t have a healthy life without a healthy brain. His dietary and lifestyle strategies for maintaining brain health are based on the world’s most comprehensive library of brain imaging technology. If you want a better and more fulfilled life, this book is a must-read.”
—Barry Sears, Ph.D., bestelling author of *The Zone*

“Dr. Amen is without a doubt our nation’s leader as a top clinician/researcher who has the gift of making the complexities of reaching brain health and potential understandable by everyone. . . . *Magnificent Mind at Any Age* is a gift for the baby boomer who is now facing how to live the rest of his or her life and for young parents who want to make sure that they are providing the best they can for their children and teens. Everyone will find Magnificent Mind at Any Age a great resource.”
—Earl R. Henslin, Psy.D., author of *This Is Your Brain on Joy*

“Providing brain basics from cradle to grave, Dr. Amen has written an indispensable handbook for handling emotions, cognition, relationships, and even our spiritual lives. It is comprehensive, inspiring, and user-friendly, explaining the most complex material in a way that’s easy to understand and, better yet, to put into practice.”
—Hyla Cass, M.D., coauthor of *Natural Highs*

“A user’s manual to care for our precious brain. If you have a brain, buy this book!”
—Mark Hyman, M.D., bestselling author of *UltraMetabolism*

From the Hardcover edition.

About the Author
DANIEL G. AMEN, M.D., is a clinical neuroscientist, psychiatrist, and brain imaging expert who heads the world-renowned Amen Clinics. He is a Distinguished Fellow of the American Psychiatric Association and has won several writing and research awards. He is a regular contributor to *Men's Health* and has published nineteen books, numerous professional and popular articles, and a number of audio and video programs. His books include *Preventing Alzheimer's, Healing Anxiety and Depression, Healing the Hardware of the Soul, Healing ADD, Making a Good Brain Great, The Brain in Love*, and the *New York Times* bestseller *Change Your Brain, Change Your Life*. He is an internationally recognized keynote speaker and the star of the very popular public television special Change Your Brain, Change Your Life.

From the Hardcover edition.

From AudioFile
It's quite an achievement that this information-filled guide to brain functioning sounds so casual and breezy. Credit Marc Cashman's performance. He's so consistent and professional, so in tune with the author's thinking that most listeners will simply devour the wealth of information and not even think about the talent of the messenger. Cashman is a reasonably positive interpreter, an improvement over the author's overenthusiasm when he lectures or reads. The material explains what parts of the brain cause familiar behaviors, and the complexity of this kind of science is kept grounded with engaging case histories. The resulting mix, along with Cashman's appealing voice, interpretive talent, and restraint, makes this a credible audio lesson that remains engaging for the entire 12-plus hours. T.W. © AudioFile 2009, Portland, Maine

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