

**Change Your Brain, Change Your Body Cookbook By
Daniel G. Amen**

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In his book The Brain in Love, Amen described the brain activity that occurs during chanting meditation as similar to those Change Your Brain, Change Your Body:

Change your brain, change your body cookbook by

Mar 22, 2012 Change Your Brain, Change Your Body Cookbook has 19 ratings has worked as a Trauma/Neurosurgical intensive care nurse and is the wife of Daniel G. Amen.

About | daniel g. amen, md | amen clinics

Daniel Amen believes that brain health is central to all health and seven book chapters, Change Your Brain, Change Your Body , and The Amen Solution

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Daniel g. amen (author of change your brain, change your life)

Daniel G. Amen, MD is a physician, child and adult psychiatrist, brain imaging specialist, bestselling author, Distinguished Fellow of the American Psychiatric

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