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Daily Journal - Unleash the Power of the Female Brain Dr. Amen created a wonderful daily journal to help you keep track of your important numbers and your daily progress. This journal is an invaluable part of the program to help keep you on track toward your goals of unleashing the power of the female brain.

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So when I read the introduction to "Unleash the Power of the Female Brain" I was hooked. I knew about Dr. Amen and the Amen Clinics because one of my children was evaluated at the Bellevue, Washington clinic.

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Unleashing the Power of the Female Brain The Dr Oz Show

Unleashing the Power of the Female Brain By Daniel G. Amen, MD Psychiatrist and Brain Imaging Expert Medical Director of Amen Clinics in Newport Beach, San Francisco, Seattle, Washington D.C., Atlanta and New York.

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Unleashing The Power Of The Female Brain Amen Clinics

Key Differences in the Female Brain vs. Male Brain. We found that females have stronger activity in an area of the brain called the prefrontal cortex, which is involved with planning, judgment, empathy and self-control. Think of the prefrontal cortex as the brain's brake.

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Unleash The Power Of The Female Brain With Dr Daniel Amen

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Unleash The Power of The Female Brain with Dr Daniel Amen

Unleash the Power of the Female Brain is a guide on how to strengthen, optimize and heal the most important part of you: your brain. Specifically you will learn how to harness the unique strengths of the female brain intuition, collaboration, empathy and a little worry and how to overcome some of its inherent vulnerabilities, such as

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Unleash the Power of the Female Brain by Daniel G Amen

About Daniel G. Amen, author of Unleash the Power of the Female Brain. DANIEL G. AMEN, M.D., is a clinical neuroscientist, psychiatrist, and brain-imaging expert who heads the world-renowned Amen Clinics, Inc. (www.amenclinics.com). He has authored five New York Times bestsellers.

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