

[GET] Memory Rescue: Supercharge Your Brain, Reverse Memory Loss, and Remember What Matters Most



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A proven program from number one New York Times best-selling author and brain researcher Dr. Daniel Amen to help you change your brain and improve your memory today! Brain imaging research demonstrates that memory loss actually starts in the brain decades before you have any symptoms. Learn the actions you can take to help not just prevent memory loss later in life...but to begin restoring the memory you may have already lost. Expert physician Dr. Amen reveals how a multipronged strategy - including dietary changes, physical and mental exercises, and spiritual practices - can improve your brain health, enhance your memory, and reduce the likelihood that you'll develop Alzheimer's and other memory loss-related conditions. Keeping your brain healthy isn't just a medical issue; it's a God-given capacity and an essential building block for physical, emotional, and spiritual health. Take action against the fast-increasing memory crisis that threatens this crucial part of who you are - and help your brain, body, and soul stay strong for the rest of your life. Author bio: Dr. Daniel G. Amen is a physician, a double board certified psychiatrist, founder and CEO of Amen Clinics, and a 10-time New York Times best-selling author. He is author of over 30 books including the best-selling *Change Your Brain, Change Your Life* and *The Daniel Plan* (with Rick Warren and Mark

Hyman). Dr. Amen has written, produced, and hosted nine popular shows about the brain that have aired over 70,000 times across North America. He is a distinguished fellow of the American Psychiatric Association who has spoken for the National Security Agency and his work has been featured in outlets including Newsweek, Time, ABC World News, 20/20, BBC, New York Times, Los Angeles Times, and Men's Health.

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