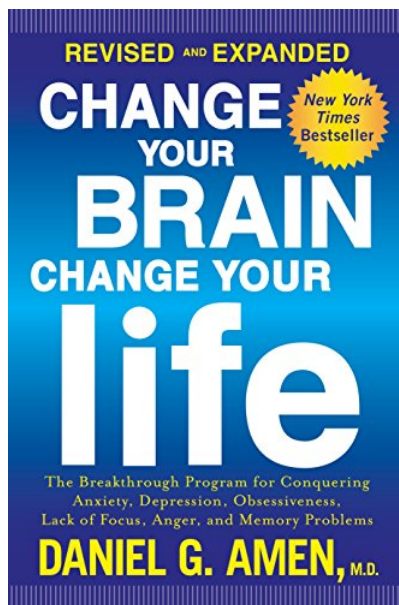


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In this completely revised and updated edition of the breakthrough bestseller, neuropsychiatrist Dr. Daniel Amen includes effective "brain prescriptions" that can help heal your brain and change your life. To quell anxiety and panic: Use simple breathing techniques to immediately calm inner turmoil. To fight depression: Learn how to kill ANTs (automatic negative thoughts). To curb anger: Follow the Amen anti-anger diet and learn the nutrients that calm rage. To conquer impulsiveness and learn to focus: Develop total focus with the One-Page Miracle. To stop obsessive worrying: Follow the "get unstuck" writing exercise and learn other problem-solving exercises. You'll see scientific evidence that your anxiety, depression, anger, obsessiveness, or impulsiveness could be related to how specific structures in your brain work. You're not stuck with the brain you're born with.

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