

# CHANGE YOUR BRAIN, CHANGE YOUR LIFE

The Breakthrough Program for  
Conquering Anxiety, Depression,  
Obsessiveness, Anger, and  
Impulsiveness

*Daniel G. Amen, M.D.*



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Praise for *Change Your Brain, Change Your Life*

“Cutting edge technology, clinical wisdom, and heart-felt guidance come together to create a ‘user’s manual for enhancing the human brain.’ Dr. Amen offers simple, direct, and immediately applicable prescriptions that can change anyone’s life.”

—Emmett E. Miller, M.D., author of *Deep Healing  
The Essence of Mind/Body Medicine*

“*Change Your Brain, Change Your Life* is a pioneering book. Dr. Amen provides clear and convincing evidence that many behavioral disorders formerly considered psychological actually have a biological basis. Through the lens of exciting new brain imaging techniques, you can see what depression, anxiety, temper, impulsiveness, and obsession actually look like in the brain. He gives many practical suggestions for overcoming these problems, and gives many tools for optimizing the brain and improving life.”

—Rob Kohn, D.O., psychiatrist and neurologist,  
University of Illinois at Chicago

“Dr. Amen’s groundbreaking work will forever change the fields of psychiatry and psychology. A healthy brain is prerequisite to a healthy life. Dr. Amen provides a practical guide.”

—Earl Henslin, Ph.D., author of *You Are Your  
Father’s Daughter* and *Man to Man: Helping Fathers  
Relate to Sons and Sons Relate to Fathers*

“This book is brilliant. Dr. Amen is a pioneer.”

—Jonathan Walker, M.D., psychiatrist

“Dr. Amen’s exquisite documentation of brain function is a unique contribution to this rapidly developing field. However, he adds a remarkable twist: dozens of ‘how to help’ suggestions for patients and parents. This book is by far the most complete and specific compendium of suggestions patients and parents may learn and follow to assist their own personal recovery efforts.”

—Corydon Clark, M.D., psychiatrist

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Anger, and Impulsiveness*



**DANIEL G. AMEN, M.D.**



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NEW YORK

With the exception of my nephew Andrew, Willie Williams, and others who gave their express permission, I have changed the names and identifying characteristics of all the patients described in this book.

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*To Andrew,  
who taught me how important it is  
to continue to do this work  
and to tell the world about it.*

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