

# **Change Your Brain, Change Your Life: The Breakthrough Program For Conquering Anxiety, Depression, Obsessiveness, Anger, And Impulsiveness By Daniel G. Amen**

**By Daniel G. Amen**

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Quick Overview. How can you tell about your brain without doing a scan? For many years Dr. Amen has been aware that most people will not be able to get their brains

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Jul 23, 2007 Google Tech Talks March 15, 2007 ABSTRACT If happiness is an inner state, influenced by external conditions but not dependent on them, how can we achieve  
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