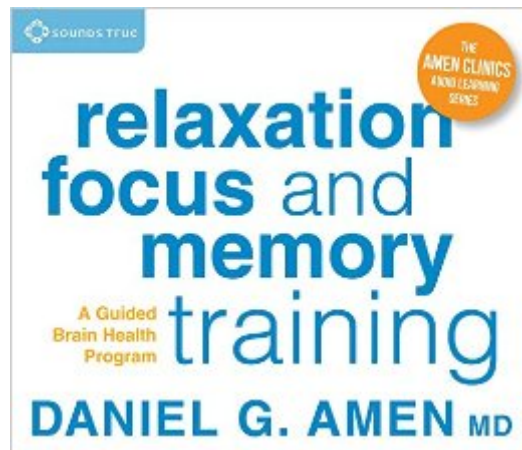


The book was found

# Relaxation, Focus, And Memory Training: A Guided Brain Health Program (Amen Clinics Audio Learning Series)



## Synopsis

With Relaxation, Focus, and Memory Training, Dr. Daniel Amen provides listeners with one of the most effective tools he uses with his own patients: a visualization and stress-reduction session presented by Dr. Amen himself. Dr. Amen created this recording for use as a self-contained program, as well as a valuable support for the millions who have benefited from the principles taught in his bestselling books and public television specials. Used for just 25 minutes a day, this guided relaxation and visualization tool has been shown to enhance blood flow throughout the brain-improving attention, memory, and emotional well-being in as little as one week.

## Book Information

Series: Amen Clinics Audio Learning Series

Audio CD: 1 pages

Publisher: Sounds True; 1 edition (September 1, 2015)

Language: English

ISBN-10: 162203502X

ISBN-13: 978-1622035021

Product Dimensions: 5.5 x 0.5 x 4.8 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #385,533 in Books (See Top 100 in Books) #132 inÂ Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #201 inÂ Books > Books on CD > Health, Mind & Body > General #295 inÂ Books > Self-Help > Memory Improvement

## Customer Reviews

Fabulous meditation cd.

[Download to continue reading...](#)

Relaxation, Focus, and Memory Training: A Guided Brain Health Program (Amen Clinics Audio Learning Series) Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems Dog Training: A Step-by-Step Guide to Leash Training, Crate Training, Potty Training, Obedience and Behavior Training Infection, Ischemia, and Amputation, An Issue of Foot and Ankle Clinics, 1e (The Clinics: Orthopedics) Oral and Maxillofacial Pain, An Issue of Oral and Maxillofacial Surgery Clinics of North America, 1e (The Clinics: Surgery) Pediatric Oral and

Maxillofacial Pathology, An Issue of Oral and Maxillofacial Surgery Clinics of North America, 1e (The Clinics: Surgery) Hysterectomy and the Alternatives, An Issue of Obstetrics and Gynecology Clinics of North America, 1e (The Clinics: Internal Medicine) The Hallux, An Issue of Foot and Ankle Clinics, 1e (The Clinics: Orthopedics) Screening and Prevention in Primary Care, An Issue of Primary Care: Clinics in Office Practice, 1e (The Clinics: Internal Medicine) Special Care Dentistry, An issue of Dental Clinics of North America, 1e (The Clinics: Dentistry) Disorders of the Oral Cavity, An Issue of Veterinary Clinics of North America: Exotic Animal Practice, 1e (The Clinics: Veterinary Medicine) Implant Procedures for the General Dentist, An Issue of Dental Clinics of North America, 1e (The Clinics: Dentistry) Complications in Implant Dentistry, An Issue of Dental Clinics of North America, 1e (The Clinics: Dentistry) Unanswered Questions in Periodontology, An Issue of Dental Clinics of North America, 1e (The Clinics: Dentistry) Endocrine Surgery, An Issue of Surgical Clinics, 1e (The Clinics: Surgery) Vestibular Schwannoma: Evidence-based Treatment, An Issue of Otolaryngologic Clinics, 1e (The Clinics: Surgery) Pediatric Prevention, An Issue of Pediatric Clinics, 1e (The Clinics: Internal Medicine) Practical Urology for the General Surgeon, An Issue of Surgical Clinics of North America, 1e (The Clinics: Surgery) Brain Boost Bundle: Memory, Focus, IQ, Hypnosis, Meditation and Subliminal - The Sleep Learning System Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn

[Dmca](#)