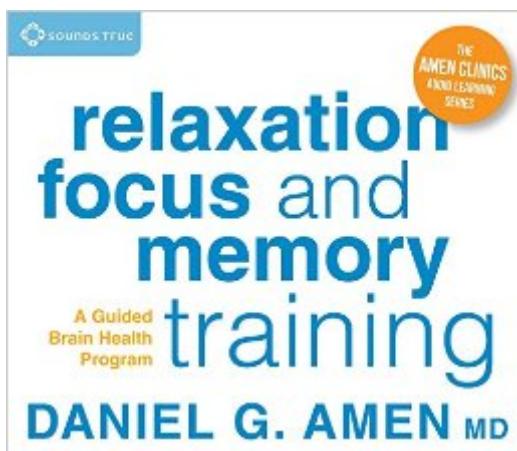


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# Relaxation, Focus, And Memory Training: A Guided Brain Health Program (Amen Clinics Audio Learning Series)



## 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

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Product Dimensions: 5.5 x 0.5 x 4.8 inches

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

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## Customer Reviews

Fabulous meditation cd.

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