

**Change Your Brain, Change Your Body: Use Your
Brain To Get And Keep The Body You Have Always
Wanted By Daniel G. Amen**



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Change Your Brain, Change Your Life, was published in Use Your Brain to Get and Keep the Body You Have Always Wanted (2010) ISBN 9780748124046; The Amen

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Daniel g. amen (author of change your brain, change your life)

Daniel G. Amen, MD is a physician, child and adult psychiatrist, brain imaging specialist, bestselling author, Distinguished Fellow of the American Psychiatric

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