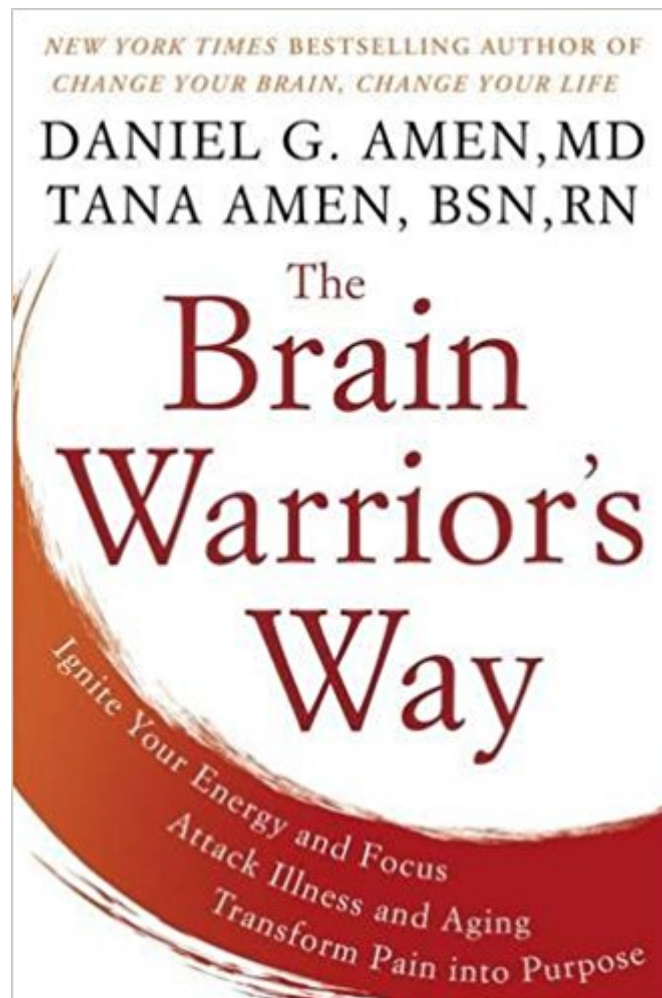




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# The Brain Warrior's Way: Ignite Your Energy And Focus, Attack Illness And Aging, Transform Pain Into Purpose



## Synopsis

New York Times bestselling authors Dr. Daniel Amen and Tana Amen are ready to lead you to victory... Â When trying to live a healthy lifestyle, every day can feel like a battle. Forces are destroying our bodies and our minds. The standard American diet we consume is making us sick; we are constantly bombarded by a fear-mongering news media; and weâ™re hypnotized by technical gadgets that keep us from our loved ones. Even our own genes can seem like theyâ™re out to get us. But you can win the war. You can live your life to the fullest, be your best, and feel your greatest, and the key to victory rests between your ears. Â Your brain runs your life. When it works right, your body works right, and your decisions tend to be thoughtful and goal directed. Bad choices, however, can lead to a myriad of problems in your body. Studies have shown that your habits turn on or off certain genes that make illness and early death more or less likely. But you can master your brain and body for the rest of your life with a scientifically-designed program: the Brain Warriorâ™s Way. Â The Brain Warriorâ™s Way is your arsenal to win the fight to live a better life. The Amens will guide you through the process, and give you the tools to take control. So if youâ™re serious about your health, either out of desire or necessity, itâ™s time to arm yourself and head into battle. Â Master your brain and body for the rest of your life. This is not a program to lose 10 pounds, even though you will do thatâ”and lose much more if needed. You can also prevent Alzheimerâ™s, reverse aging, and improve your: Â -Overall health -Focus -Memory -Energy -Work -Mood Stability -Flexibility -Inner Peace -Relationships Â The Amens have helped tens of thousands of clients over thirty years, and now they can help you. It is time to live a better lifeâ”right now!

## Book Information

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## Customer Reviews

Praise for The Brain Warrior's Wayâ œDaniel and Tana Amen combine deep insights into science, psychology and spirituality to create a potent prescription for brain health. If you want to protect your most important organ, and ultimately become a force for healing in the world, follow The Brain Warriorâ ™s Way.â •â "David Ludwig, MD, PhD, Professor, Harvard Medical School and author of the #1 New York Times bestseller Always Hungry?â œDaniel Amenâ ™s The Brain Warriorâ ™s Way is beautifully written and provides a state-of-the-art plan to win the war on optimal brain health and function. It is easy to read, simple to implement, and with groundbreaking material that will help you to turn back the clock on aging.â •â "Steven Masley, MD, FAHA, FACN, FAAFP, CNS, bestselling author of The 30-Day Heart Tune-Up and Smart Fat Â â œWhether you're dealing with brain fog, physical disease, or just want a better brain, The Brain Warrior's Way will keep you and your brain healthy in our increasingly unhealthy world.â •â "Dr. Mike Dow, New York Times bestselling author of The Brain Fog Fixâ œA true warrior is engaged in conflict with courage and skill.Â In this excellent book by Daniel and Tana Amen, the Brain Warrior now has the education, training and information to effectively fight and win the war against brain dysfunction and disease.Â Numerous insults in our environment, both obvious and hidden, induce inflammation and daily damage to our brain.Â We can control that destiny and the environmental-genetic interaction with the marvelous science and recommendations in this incredible and easy to read book.Â A wise healer will use that which works. These two wise healers have given us all the tools we need to heal our brain, keep us whole and at peace.â •â "Mark Houston MD, MS, MSc, author of What Your Doctor May Not Tell You About Hypertension Â â œIn The Brain Warriorâ ™s Way, Daniel and Tana Amen pioneer a powerful life changing program to assist you in mastering your, mind, body and spirit.Â This book guides and ignites our innate ability to step back into a path of health and well-being with the transformational tools, wisdom and experiences provided. Life changing!â •â "Barry Goldstein, award winning music producer and author of The Secret Language of the Heart Â â œItâ ™s this simple: If you want a healthy body, you have to have a healthy brain. The Brain Warriorâ ™s Way is the ultimate manual on how to tune-up, protect and take care of your bodyâ ™s most important organ. The Brain Warriorâ ™s Way is the ultimate self-help book, a how-to manual for taking care of the most important organ in your bodyâ "your brain.â •â "Jonny Bowden, PhD, CNS, best-selling author of The Great Cholesterol Myth, Smart Fat and Living Low

Carb

Working together as both a medical team and two very warm writers and teachers, Daniel and Tana Amen have written real gems in The Brain Warrior's Way book and cookbook. The authors provide practical, delicious, science-based programs to protect and optimize the most important part of you. Especially powerful to me were The Amens' warnings about neurotoxins and strategies for combating them. In whatever stage of life you find yourself, I hope you will read these books!

Michael Gurian, author of The Wonder of Aging and The Wonder of Children

Praise for The Brain Warrior's Way Cookbook

The most important decisions that determine the brain's health destiny happen in the kitchen, not at the pharmacy. Tana and Daniel Amen's The Brain Warrior's Way Cookbook is a guiding light that paves the way for brain health, functionality, and disease resistance with incredible recipes that are totally in line with leading-edge nutritional research. Truly, this is a transformative cookbook that will positively change our health trajectory.

David Perlmutter, MD, FACN, board-certified neurologist and #1 New York Times Bestselling author of Grain Brain

The Brain Warriors Way Cookbook will feed your mind, body and soul in a delicious and nutritious way. It uses the latest science to help reverse illness and help you function at your peak for the rest of your life!

Dr. Mark Hyman, director of the Cleveland Clinic Center for Functional Medicine and bestselling author of Eat Fat, Get Thin and The Ten Day Detox

The Brain Warrior's Way Cookbook will help you incorporate the delicious foods you need to eat every day to keep you and your brain healthy in our increasingly unhealthy world.

Dr. Mike Dow, New York Times bestselling author of The Brain Fog Fix

A great brain can lead to a great body and heart. The Brain Warrior's Way Cookbook is a valuable tool to boost the health of the brain and body through clean eating stressing abundance, taste and appearance. The principles taught by Tana and Daniel Amen provide a path to healing and rejuvenation, top down.

Joel Kahn MD, Professor of Medicine and author of The Whole Heart Solution

Daniel G. Amen, MD, is a double board-certified psychiatrist, professor, and ten-time New York Times bestselling author. He is one of the world's foremost experts on using brain-imaging tools to help optimize and treat his patients. Amen Clinics have one of the highest published success rates for patients. His research was listed as one of the Top 100 Stories in Science for 2015 by Discover magazine. He has written and hosted eleven highly popular shows about the brain for public television. His work has been featured in The New York Times Magazine, the Washington Post, and Men's Health and on The Dr. Oz Show and Dr. Phil.

Tana Amen, BSN, RN, and VP of Amen Clinics, is the author of 6 books, including the New York Times bestseller The Omni Diet. She is a highly respected health and fitness expert, and a nationally renowned speaker and media

guest. She has appeared on The Doctors, Today, Good Day New York, and more. Additionally, Tana's appearances on public television promoting brain health have helped raise millions of dollars for local stations.

I watched a PBS special featuring the Amen's and ordered this book soon afterward. I found it slower going than most books of it's type. Too many anecdotes and too little actual substance for the total pages. My main problem came after reading over most of the book and getting to the point where I was ready to start the "14 Day Brain Boost." I printed out the 42 page journal and prepared to start gathering my go-to recipes, relaxation scripts, and examples of exercise routines to use during my 14 day start-up, which were supposedly easy to access through links provided in the book. A good variety of recipes and ways to use the allowed foods is important to me since I have food allergies and problems with losing too much weight. So, I used the previously mentioned links from the books but, after a free evaluation 'Brain Type' test, I was inundated with ads for more Amen products to buy. Supplements. Foods. Courses. Books. Audios. After 1/2 hour of digging for the information I wanted on the book's provided links, I finally found a total of 12 recipes that could be accessed without a fee. I had planned on buying their cookbook until I saw that several of the 12 recipes online included Amens' branded ingredients, sold on their website. I took the cookbook from my cart and decided to spend the effort finding recipes which met the guidelines of gluten-free, dairy-free and low sugar on my own. I had less success finding any specific relaxation aids or the guided full sensory relaxation audios mentioned in the book. I'll just reread the book's section on relaxation techniques from the book and make my own sessions. The majority of the information within the Brain Warrior's Way is good. The Amen's talk of being "sheepdogs" who's life purpose is to teach others to help those around them felt hollow after viewing their sales techniques. Perhaps I am merely being overly critical of their aggressive marketing.

I THANK Dr. Amen for his research and his advice on improving our health. However, he has gone toooooo commercial. 4 emails a day. And too heavy handed advertising.

I do not know one person who wouldn't benefit from reading this. So many things I have learned from this book that I highly recommend that you either write notes in the front of the book or create a note on your phone. Tana Amen talks about victimization of yourself and how to transform your brain from a victim into warrior. (She actually has me considering martial arts). Other great tips; make a list of brain healthy restaurants, make brain health a game with your kids, make 1 decision

not 30, warriors don't take December off, everything in moderation is ruining your health, brain is 80 percent water=hydration is imperative, watching news=negative impact, p144-147 has the best brain tips, avoid corn at all costs. I could go on and on. Read it and buy copies for everyone you love.

Absolutely life changing, empowering, and great learning experiences! Everyone needs this information. Clear and easy to follow. Thank you so much Dr. Daniel & Tana Amen for the amazing gifts of your work. This book and the cookbook is exactly what I've needed and have been looking for since I was in my mid 20's and realizing how food has evolved and looking at all of the health problems, pain, and unhappiness I've seen in my elderly family members, friends, co-workers, etc. and putting the two together and knowing I didn't want to end up in the same position. But, I had no idea what to do or where to start and how much more difficult it is to try and change eating habits & more when ur surrounded with and live with people who don't understand or care to because it's too difficult for them or they don't like change. It helps immensely to educate them with all you need to in one book to open their eyes and they begin to understand and get excited that they could possibly get rid of certain medications, lose weight, feel 100x's better & energized, clear brain fog and gain memory, and prevent so many things that have taken the lives of our loved ones in the past

Outstanding book on providing optimum nutrition to improve our brains and bodies. Although this way of eating requires us to make adjustments in the types of foods we have become used to, the benefits are well worth it.

I love this book.

This book contains very good information for anyone that cares about their brain!

great advice, sound scientific basis. hope many more people become aware of these issues. my personal philosophies differ a bit from the authors', but i will use the book to best advantage, nevertheless.

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