

# **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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Feb 20, 2012 I recently spoke to Dr. Daniel Amen, who is a world renowned clinical neuroscientist, psychiatrist, and brain imaging expert. He is the author of Use Your

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