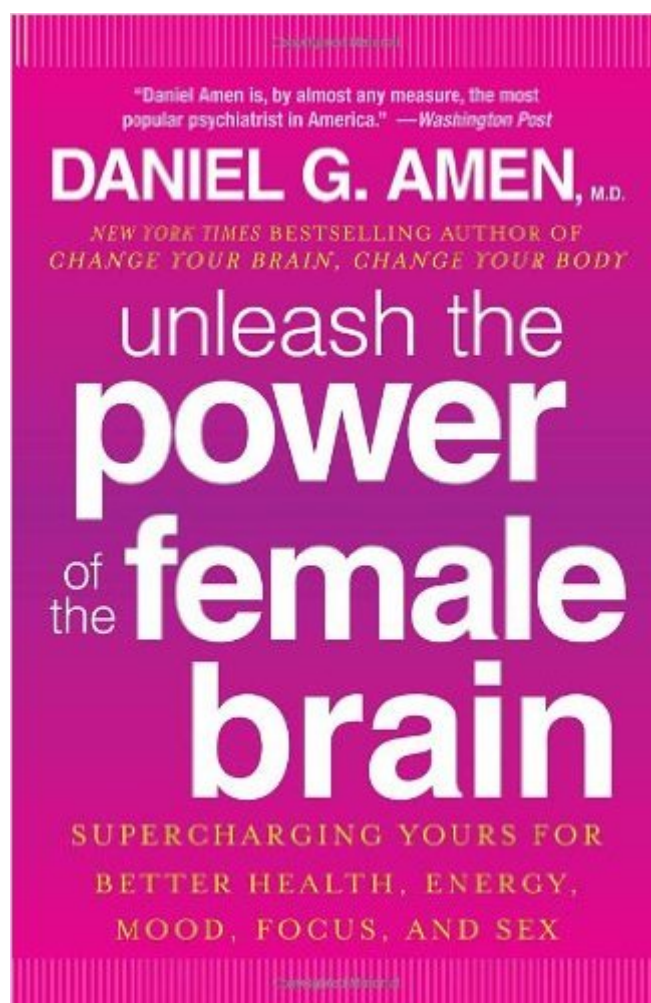


The book was found

Unleash The Power Of The Female Brain: Supercharging Yours For Better Health, Energy, Mood, Focus, And Sex



Synopsis

From one of the world's leading experts on how the brain works, a step-by-step, practical program for women to achieve greater health, energy, and lasting happiness by harnessing the power of the female brain. For the first time, bestselling author and brain expert Dr. Daniel G. Amen offers insight on the unique characteristics and needs of the female brain and a practical, prescriptive program targeted specifically for women to help them thrive. In this breakthrough guide based on research from his clinical practice, Dr. Amen addresses the issues women ask about the most including fertility, pregnancy, menopause, weight, stress, anxiety, insomnia, and relationships.

Book Information

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (247 customer reviews)

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Customer Reviews

UPDATE: one and a half years later, this is still one of the books I am most glad to have read***While Daniel G Amen's plan for supercharging the female brain for better health, energy, mood, focus, and sex in his new book, Unleash the Power of the Female Brain is basically the same as most self-help books, he provides invaluable tips and expert perspectives on how to actually achieve those goals more successfully making Unleash the Power of the Female Brain an important read not so much for WHAT to do but HOW to do it and sustain it and to a higher standard. If you have read a couple of nutrition books and have common sense, you already know the plan which requires: * keeping your brain safe by avoiding toxic foods, chemicals and drugs, and staying away from dangerous activities that could traumatize your brain* stabilizing your weight at a healthy level* getting exercise that keeps your blood flowing - especially to your brain* getting sufficient sleep every night, and resolving issues like sleep apnea* avoiding bad fats and eating good, healthy fats

like olive oil, and omega-3s (through supplements or eating toxin-free fish)* keeping your brain flexible and active by exercising it and learning new skills.* Resolving issues like ADHD, depression, anxiety, and stress* surrounding yourself with a network of supportive people who will encourage your efforts and help you stay on your healthy program Amen covers these over and over again in his book *Unleash the Power of the Female Brain* by organizing the material in the following manner: Introduction: The Female Brain Unleashed 1.

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Unleash the Power of the Female Brain: Supercharging Yours for Better Health, Energy, Mood, Focus, and Sex
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