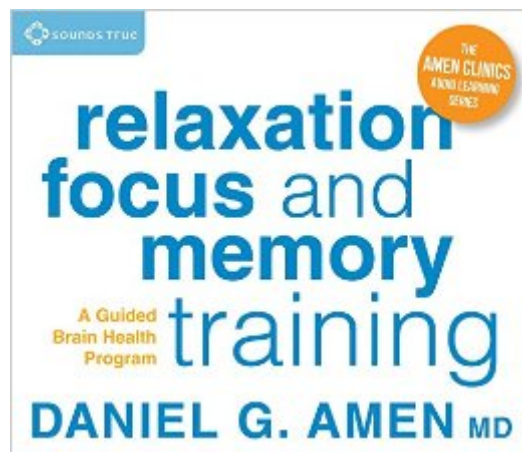


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# Relaxation, Focus, And Memory Training: A Guided Brain Health Program (Amen Clinics Audio Learning Series)



## 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

Publisher: Sounds True; 1 edition (September 1, 2015)

Language: English

ISBN-10: 162203502X

ISBN-13: 978-1622035021

Product Dimensions: 5.5 x 0.5 x 4.8 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #385,533 in Books (See Top 100 in Books) #132 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #201 in [Books > Books on CD > Health, Mind & Body > General](#) #295 in [Books > Self-Help > Memory Improvement](#)

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