



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

Daniel G. Amen MD

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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.

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