



Use Your Brain to Change Your Age: Secrets to Look, Feel, and Think Younger Every Day

Daniel G. Amen M.D.

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From the bestselling author and PBS star, a brain healthy program to turn back the clock, and keep your mind sharp and your body fit.

For more than 20 years, Dr. Daniel Amen has been helping people look and feel young, healthy, and vibrant with his brain healthy strategies. Now, he shares his complete anti-aging program, to improve memory, focus, and energy; keep your heart and immune system strong; and reduce the outward signs of aging.

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