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## Supercharging the Female Brain: Access, Balance, and Soothe Your Most Precious Organ

By Daniel G. Amen

SOUNDS TRUE INC, United States, 2015. CD-Audio. Condition: New. Language: English . Brand New. The full potential of the female brain is astonishing and virtually unlimited it possesses both strengths and vulnerabilities unique to women. In this in-depth audio learning program, bestselling author and brain science pioneer Dr. Daniel Amen offers a practical, prescriptive plan for women to achieve greater health, energy, and enduring happiness, by nurturing the most essential organ of the body. Based on his bestselling book and invaluable first-hand insights from his clinical practice Supercharging the Female Brain addresses the issues that women ask about most often. Here, listeners will explore: Essentials of the female brain How to identify your unique brain type Understanding your key health numbers How to boost the brain s capacity and resilience Retraining self-defeating cognitive patterns How hormones influence the brain Estrogen dominance and withdrawal Progesterone, the feel-good hormone PMS and postpartum depression Fertility and pregnancy Perimenopause and menopause Help for impulsive and compulsive brain types Optimizing the brain for healthier relationships Body image and brain nutrition, and much more. Includes four in-depth learning sessions, plus a complete series of advanced guided practice sessions for stress reduction, weight control, sleep, pain management,...



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