



The Amen Solution: The Brain Healthy Way to Lose Weight and Keep It Off

Daniel G. Amen Md

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A breakthrough, easy-to-follow brain-based program to lose weight and keep it off—for the rest of your life—from the bestselling author of *Change Your Brain, Change Your Body*, *Magnificent Mind at Any Age*, and *Change Your Brain, Change Your Life*

Have you tried diet after diet without success? Want to know the two major secrets why most diets don't work?

The #1 secret is that most weight problems occur between your ears, not in your stomach. *If you want a better body the first place to always start is by having a better brain.*

Secret #2 is that there isn't just one brain pattern associated with being overweight; there are at least five patterns. Giving everyone the same diet plan will make some people better, and a lot of people worse. *Finding the right plan for your individual brain type is the key to lasting weight loss.*

In *The Amen Solution* bestselling author and brain expert Dr. Daniel Amen shares his one-of-a-kind brain-based program that helps you lose weight, improve your memory, and boost your mood at the same time. This is the same program offered at the world-renowned Amen Clinics that has already helped thousands of people lose the love handles and muffin tops. Based on the most up-to-date research, Dr. Amen shows you how to

- Determine your individual brain type so you can find the plan that will work for you
- Say goodbye to emotional overeating to shed pounds
- Curb your cravings and boost willpower
- Improve your brainpower, memory, and mood
- Make small lifestyle changes that have a huge impact on weight loss
- Prepare easy, delicious brain-healthy meals

Packed with insight, motivation, and everything you need to get started right away, *The Amen Solution* will help you lose unwanted weight and teach you the strategies to keep it off for a lifetime.

From the Hardcover edition.

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