



Magnificent Mind at Any Age: Natural Ways to Unleash Your Brain's Maximum Potential

Daniel G. Amen

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It all starts with your brain: how you think, how you feel, how you interact with others, and how well you succeed in realizing your goals and dreams

Based on the most up-to-date research, as well as on Dr. Daniel Amen's more than twenty years of treating patients at the Amen Clinics, *Magnificent Mind at Any Age* shows that the true key to satisfaction and success at any age is a healthy brain. By optimizing our brain function we can all develop the qualities of a magnificent mind enjoyed by the world's most successful and happiest people:

- Increased memory and concentration
- The ability to maintain warm and satisfying relationships
- Undiminished sexual desire and performance
- Goal-oriented perseverance
- Better impulse control and mastery over potential addictions
- Free-flowing creativity and the ability to relax and enjoy life's pleasures

Whether you're in the midst of a demanding career or are looking forward to an active and richly rewarding retirement, *Magnificent Mind at Any Age* can give you the edge you need to live every day to your fullest potential.

"Learn the secrets of a balanced brain from a physician who has experience examining 50,000 scans of patients. Compare a failing mind to a brilliant brain and learn how to move in the direction you desire."
—Mehmet C. Oz, M.D., bestselling coauthor of *You: The Owner's Manual*

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