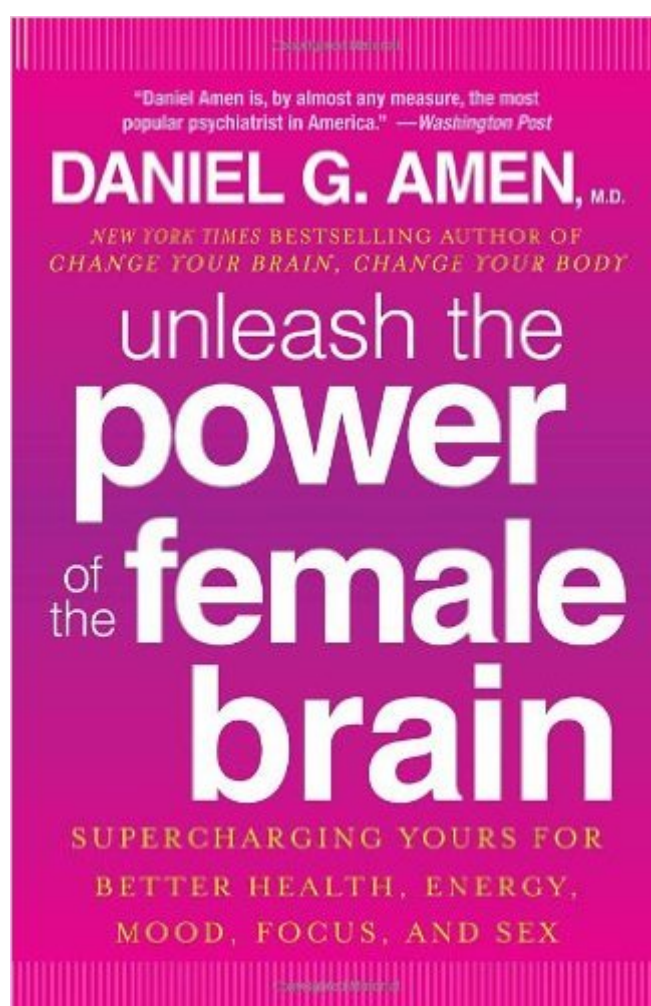


The book was found

Unleash The Power Of The Female Brain: Supercharging Yours For Better Health, Energy, Mood, Focus, And Sex



Synopsis

From one of the world's leading experts on how the brain works, a step-by-step, practical program for women to achieve greater health, energy, and lasting happiness by harnessing the power of the female brain. For the first time, bestselling author and brain expert Dr. Daniel G. Amen offers insight on the unique characteristics and needs of the female brain and a practical, prescriptive program targeted specifically for women to help them thrive. In this breakthrough guide based on research from his clinical practice, Dr. Amen addresses the issues women ask about the most including fertility, pregnancy, menopause, weight, stress, anxiety, insomnia, and relationships.

Book Information

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (247 customer reviews)

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Customer Reviews

UPDATE: one and a half years later, this is still one of the books I am most glad to have read***While Daniel G Amen's plan for supercharging the female brain for better health, energy, mood, focus, and sex in his new book, Unleash the Power of the Female Brain is basically the same as most self-help books, he provides invaluable tips and expert perspectives on how to actually achieve those goals more successfully making Unleash the Power of the Female Brain an important read not so much for WHAT to do but HOW to do it and sustain it and to a higher standard.If you have read a couple of nutrition books and have common sense, you already know the plan which requires:* keeping your brain safe by avoiding toxic foods, chemicals and drugs, and staying away from dangerous activities that could traumatize your brain* stabilizing your weight at a healthy level* getting exercise that keeps your blood flowing - especially to your brain* getting sufficient sleep every night, and resolving issues like sleep apnea* avoiding bad fats and eating good, healthy fats

like olive oil, and omega-3s (through supplements or eating toxin-free fish)* keeping your brain flexible and active by exercising it and learning new skills.* Resolving issues like ADHD, depression, anxiety, and stress* surrounding yourself with a network of supportive people who will encourage your efforts and help you stay on your healthy program Amen covers these over and over again in his book *Unleash the Power of the Female Brain* by organizing the material in the following manner: Introduction: The Female Brain Unleashed 1.

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Unleash the Power of the Female Brain: Supercharging Yours for Better Health, Energy, Mood, Focus, and Sex
Sex Pictures: Sex Positions: How to Improve Your Sex Life with Creative Sex Positions and Techniques! (Sex Positions, Sex Pictures, Sex, Kama Sutra) *Erotic Adult Sex Picture Book 5* (Uncensored Hot Sex Pics of Sexy & Horny Girls, 300+ College Sex Photos): full nudity adult sex. *Sweet Tits.: Photography ... of Full Nudity Adult Sex Pics Series*) *The Traumatized Brain: A Family Guide to Understanding Mood, Memory, and Behavior after Brain Injury* (A Johns Hopkins Press Health Book) *Uncensored Sex Pictures: Sex Photos of College Girls & College Sex Pictures* (Full nudity sex entertainment pictures book for adults only 2) *Get What's Yours: The Secrets to Maxing Out Your Social Security* (The Get What's Yours Series) *Get What's Yours for Medicare: Maximize Your Coverage, Minimize Your Costs* (The Get What's Yours Series) *Get What's Yours - Revised & Updated: The Secrets to Maxing Out Your Social Security* (The Get What's Yours Series) *Unleash Your Creativity, Passion, and Focus: Hypnosis and Subliminal Affirmations* Tony Robbins: *His Best Insights* (tony robbins, anthony robbins, unleash the power within, unlimited power, bandler, nlp, hypnosis, success) *The Mediterranean Zone: Unleash the Power of the World's Healthiest Diet for Superior Weight Loss, Health, and Longevity* *Strong Female Protagonist Book One* (Strong Female Protagonist Gn) *Renewable Energy Made Easy: Free Energy from Solar, Wind, Hydropower, and Other Alternative Energy Sources* *Beginning Power BI with Excel 2013: Self-Service Business Intelligence Using Power Pivot, Power View, Power Query, and Power Map* *Power Pivot and Power BI: The Excel User's Guide to DAX, Power Query, Power BI & Power Pivot in Excel 2010-2016* *Focus and Concentration, Brain Power Boost: Hypnosis, Meditation, and Subliminal: The Sleep Learning System* Featuring Rachael Meddows *Relaxation, Focus, and Memory Training: A Guided Brain Health Program* (Amen Clinics Audio Learning Series) *Deep Sleep: Brain Wave Subliminal* (Brain Sync Series) (Brain Sync Audios) *How to Talk Dirty : Dirty Talk Examples, Secrets for Women and Men, Straight, Gay and Bi, Spice Up Your Sex Life and Have Mindblowing Sex: Great Sex Book, Series 1* *Sex and Marriage: How to Guide for Sex and Passion and Desire for Married Couples: Discover the 10 Ways to Turn Your Sex Life From Routine to*

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