



Healing the Hardware of the Soul: How Making the Brain-Soul Connection Can Optimize Your Life, Love, and Spiritual Growth

Daniel Amen

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Dr. Daniel Amen's breakthrough brain-healing program has helped hundreds of thousands to overcome depression, anxiety, obsessive-compulsive disorder, and attention deficit disorder. The maverick author of *Change Your Brain, Change Your Life* and *Healing ADD* now presents his proven program for repairing and strengthening our relationships, child-rearing practices, work and study routines, and, ultimately, our soulful connections, in the deepest ways possible. Guided by this book, each of us can learn to balance and optimize the parts of the brain responsible for inner growth, intimacy, and spiritual health.

Drawing upon his experience with over fourteen thousand brain-imaging studies of patients from all walks of life, Dr. Amen has developed an essential tool called the Amen Brain System Checklist, a 101-question self-test used to evaluate the five brain systems that are key to achieving and maintaining a healthy brain-soul connection. The questionnaire identifies the problem brain areas readers may need to work on, offers insight into the degree to which these imbalances affect their lives, and provides targeted strategies for each area of the brain involved with spiritual issues.

These are just a few of the many "brain prescriptions" to be found in *Healing the Hardware of the Soul*:

- Develop focus and improve decision-making with the One-Page Miracle for the Soul
- Use prayer, meditation, and diaphragmatic breathing exercises for superior emotional and spiritual flexibility
- Heal painful deep soul memories through thought and behavior exercises
- Learn how forming strong, positive new bonds actually controls impulsive behavior and stabilizes mood swings

Dr. Amen's recommendations include cutting-edge advice on diet, nutritional supplements, and the judicious use of medication when needed. He also explains which medications can unbalance the brain when used improperly. Dramatic before-and-after pictures of the brain demonstrate the medical effectiveness of these clinically based healing techniques.

Whether we learn the self-help strategies of cognitive reprogramming, self-hypnosis, or nutraceutical therapy, seek out psychotherapy, or rely on prescription antidepressants and antianxiety medications, Dr. Amen's sage advice and comprehensive treatment programs give us all the tools we need to optimize our work, relationships, and spiritual connections to become the people we want to be.



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Meagan Shaffer:

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