



Healing the Hardware of the Soul: Enhance Your Brain to Improve Your Work, Love, and Spiritual Life

By 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 anti-anxiety 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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Editorial Review

Review

Barry Sears, M.D. author of *The Zone* Amen continues to be one of the most innovative researchers of the mind. He is one of the few scientists willing to cross the frontier between neurology and religion to describe the soul in terms of cutting-edge science. I strongly recommend this book to anyone searching to build a better life.

Thomas M. Brod, M.D. Diplomate, American Board of Psychiatry and Neurology; Assistant Clinical Professor of Psychiatry, UCLA Dr. Amen links his new observations of brain effects to real problems many people suffer, and then offers solid practical advice about what to do about them. Applying his discoveries, many of my patients have experienced "miracles" of sustained relief from misery they thought would be theirs for life.

Emmett Miller, M.D. author of *Deep Healing* and the web site www.DrMiller.com *Healing the Hardware of the Soul* takes science a brave and much-needed step forward, bringing mind, body, and soul together in a most fascinating way. It will prove as enlightening for health professionals and religious/spiritual teachers as for anyone who desires deep self-knowledge.

Timmen Cermak, M.D. author of *A Time to Heal: The Road to Recovery for Adult Children of Alcoholics* Dr. Amen takes another bold step toward a unified understanding of the human brain and *all* of our human experience. Since all consciousness funnels through the brain, we must accept that the health of our personality can never outstrip the health of our brain. Consequently, our spiritual maturity also rests upon optimal functioning of the brain.

Diane E. Hough, M.S. Counseling Professionals Northwest, Mercer Island, Washington Dr. Amen's work brings science to character traits once considered to be moral or psychological flaws and opens up a door of opportunity to optimize the strength of the human spirit. His book allows people to create behavior changes worthy of trust, leading to healthier relationships by integrating physiology, psychology, and spirituality.

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About the Author

Daniel G. Amen, M.D. is a clinical neuroscientist, a psychiatrist, and the medical director of The Amen Clinics in California. The author of a number of books, he is the country's foremost pioneer in applying brain-imaging science to clinical practice. Dr. Amen lives in Newport Beach, California.

Users Review

From reader reviews:

Estella Powell:

Have you spare time for the day? What do you do when you have much more or little spare time? That's why, you can choose the suitable activity intended for spend your time. Any person spent their spare time to take a walk, shopping, or went to typically the Mall. How about open or maybe read a book entitled Healing the Hardware of the Soul: Enhance Your Brain to Improve Your Work, Love, and Spiritual Life? Maybe it is to become best activity for you. You realize beside you can spend your time using your favorite's book, you can wiser than before. Do you agree with the opinion or you have some other opinion?

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Kenneth Vargas:

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Still don't obtain it, oh come on its identified as reading friends.

Gerald Allen:

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