



Change Your Brain, Change Your Life Deck

Daniel G. Amen

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Our brains can produce negative thoughts, but you can *reprogram the way you think*. This collection of methods from neuropsychiatrist and bestselling author, Daniel G Amen, M.D., teaches you how. Use the easy techniques described in this deck to:

- Stop obsessive worrying
- Curb your anger
- Fight automatic negative thoughts
- Enhance your people skills
- Sharpen your focus
- Become a more flexible thinker

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