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Daniel Amen believes that brain health is central to all health and seven book chapters, Change Your Brain, Change Your Body , and The Amen Solution

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### **Daniel g. amen (author of change your brain, change your life)**

Daniel G. Amen, MD is a physician, child and adult psychiatrist, brain imaging specialist, bestselling author, Distinguished Fellow of the American Psychiatric

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Mar 22, 2012 Change Your Brain, Change Your Body Cookbook has 19 ratings has worked as a Trauma/Neurosurgical intensive care nurse and is the wife of Daniel G. Amen.

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