



The Amen Solution: The Brain Healthy Way to Lose Weight and Keep It Off

Daniel G. Amen

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A breakthrough, easy-to-follow brain-based program to lose weight and keep it off—for the rest of your life—from the bestselling author of *Change Your Brain, Change Your Body, Magnificent Mind at Any Age*, and *Change Your Brain, Change Your Life*

Have you tried diet after diet without success? Want to know the two major secrets why most diets don't work?

The #1 secret is that most weight problems occur between your ears, not in your stomach. *If you want a better body the first place to always start is by having a better brain.*

Secret #2 is that there isn't just one brain pattern associated with being overweight; there are at least five patterns. Giving everyone the same diet plan will make some people better, and a lot of people worse. *Finding the right plan for your individual brain type is the key to lasting weight loss.*

In *The Amen Solution* bestselling author and brain expert Dr. Daniel Amen shares his one-of-a-kind brain-based program that helps you lose weight, improve your memory, and boost your mood at the same time. This is the same program offered at the world-renowned Amen Clinics that has already helped thousands of people lose the love handles and muffin tops. Based on the most up-to-date research, Dr. Amen shows you how to

- Determine your individual brain type so you can find the plan that will work for you
- Say goodbye to emotional overeating to shed pounds
- Curb your cravings and boost willpower
- Improve your brainpower, memory, and mood
- Make small lifestyle changes that have a huge impact on weight loss
- Prepare easy, delicious brain-healthy meals

Packed with insight, motivation, and everything you need to get started right away, *The Amen Solution* will help you lose unwanted weight and teach you the strategies to keep it off for a lifetime.

From the Hardcover edition.

The Amen Solution: The Brain Healthy Way to Lose Weight and Keep It Off Details

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Author : Daniel G. Amen

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Mallory says

Some good advice in here, although most of the lists are so long that when you are listening to it in the car it's hard to concentrate on it and I ended up skipping a lot of chapters when he started getting to his 56th point with no end was in sight. I think it would have been better to include the appendixes as a pdf file rather than reading out long lists of foods.

The Amen solution isn't as forgiving as most other diet books - for Amen it's all or nothing. He said he doesn't believe in "everything in moderation" because have one piece of chocolate a week is like a heroin addict have a small amount of heroin once a week. He wants you to completely change your life right away and never look back, not even on your birthday! It's great for someone with a lot of self-control, but for the rest of us I would recommend reading this book for the basic advice, but not beat yourself up for not following it 100%.

He also makes strange comparisons that don't make any sense. For example, he suggests having a more narrow diet (where as most health and diet experts say to expand our food choices to keep things interesting and to also ensure we are eating in season) is better because that's what baboons do and they're healthy enough! Really?

Heydi Smith says

Everyone should read this book!!! It encompasses everything that's wrong with the way American's eat and how to fix it. He discusses specific problems and how to address them and different brain types and why it's important to know what yours is.

Lisa says

I saw Dr. Amen on PBS one day and was immediately sucked in to his seminar on the brain and losing weight. This book fascinated me because it correlated bad habits (mainly due to eating/diet) with problems in certain parts of the brain and it just made total sense to me. The book has you figure out your "brain type" and the type of eater you are, and then he suggests exercises, supplements, and other ways to improve that part of your brain. I like that as a doctor he admits that you should always try supplements first and then go to your doctor for medicines if those don't work. I think all doctors should do this. My biggest "a-ha!" moment in this book was figuring out that I'm an impulse eater and it's made me more conscience of what and when I'm eating now. There's tons of great things about this book that I'm not going to type right now....go and read it yourself!

cindy meeks says

Not trying to lose weight

Still helpful reading as learned science behind healthy eating also learned motivational strategies i can use to improve my healthybhabits

Carmen says

Really enjoyed how Dr. Amen identified different reasons for overeating, gave advice firing each type, and emphasized that losing weight should be a lifelong change, not just temporary. I feel inspired to continue on my weight loss journey.

Nancy Sigl says

I listened to this on Overdrive at double speed because he repeats himself often and the content was nothing really new. I did glean a few thoughts and tips so it wasn't a waste of time. It can all be summarized into this: Be mindful of what you eat!

Laura says

I found this book informative and motivating to make some positive health changes in my life. I don't know much about SPECT brain images, and I noticed that there are some websites accusing Amen of being a quack or a scam. Even if all of the SPECT image info was dropped from the book, his nutrition information corresponds to what I've read in many other books about the relationship between a healthy brain and overall wellness. His advice for supplements matched my own doctor's advice after a series of blood tests that I had, and I have felt a significant increase in my energy levels and my ability to think clearly since I've started taking a few key supplements (and mind you, I'm someone who hasn't taken supplements regularly in about 4 or more years). Sometimes, I found Amen's "Would-everyone-else-please-figure-out-what-I-know-already-and-get-healthy?" tone a bit annoying, but the book is easy to read and well laid-out. Just when you start to lose your mind in scientific talk, he breaks it up with a success story of one of his patients, complete with before and after photos (don't we all love those?). I also like the idea of thinking about health in terms of obtaining and maintaining a healthy brain. It takes the focus off of the pants size and the weight, and it reminds me of what's really important about eating healthy and keeping physically fit -- living well.

Jay says

If you've read other Amen books you'll find a lot of familiar territory covered in this one. Whole chapters on supplements and exercises for brain health seem to have been lifted from Amen's "Magnificent Mind for Any Age" and placed in this one -- at least he appears to be consistent in his recommendations. His take on weight loss starts from the way the brain works, as you would expect given his background. Certainly contained some interesting ideas, but there were plenty of the expected ideas you see in other weight loss books out there. I listened on audio. This book had too many charts and lists that were very difficult to follow -- the appendices took more than an hour to read, and many were tables that were of little value on

audio. Amen references a website for further information, including bibliography/reference. In summary, reading one of Amen's books appears to be sufficient to understand what he will say in the others he's written.

?Misericordia? ~ The Serendipity Aegis ~ ?????? ✨*♥* says

This book is marketed as something a snake oil trader would create. So, imagine my surprise when it turned out to be a veritable compendium of useful information, practical advice and creative solutions. Of course, in the fact that it could have been shortened, it is not very different from most of books. Very good info on herbs and chemicals improving brainwork.

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Jackie says

I couldn't believe how much I loved this book! I thought it was going to be dry and predictable, but the turns it took! It was a sweeping saga, much like "Gone with the Wind" where once you got into it, you didn't want it to end. It's also one where it took awhile to get into it then it was easy to pick up and continue.

I would recommend to anyone wishing to read this for the first time, to keep a notebook of names and a brief description of the character and maybe the chapter they first appeared. There are so many characters initially, and they are sometimes called by their first names and then their last that it gets confusing initially (and was part of the reason I stopped reading at my first attempt).

I began reading via DailyLit.com which sends just a small portion of the book via email each day. I decided that I would take the year of 2011 to read this book. I called it my year of 'War & Peace'. I also used Cliff Notes to supplement my understanding of the novel which I often use when reading classics.

While reading in DailyLit, I would copy meaningful passages into a draft email- one continuous one that holds all my notes., passages, highlights.

Denise says

The title of this book sounds like SUCH BS, but I've worked with kids who have had brain scans done at Amen clinics, and it really is fascinating the kinds of things that can go on in your brain and how they can affect your behavior. I liked that he explored how there are different issues that make people overweight--it's not always poor impulse control or bad self-esteem or whatever--and provided strategies (including brain-healthy foods, relaxation techniques, and other interesting practical ideas) that would be helpful for different kinds of eaters. It did get a little repetitive/self-helpy in places (well, it IS a self-help book), and I think there might be a lot of overlap with other books of his (esp. Change your Brain, Change your Body), but I found it a useful and interesting read.

Marissa Morrison says

This book contains a questionnaire to help readers learn which brain dysfunctions they have, and Amen provides specific weight management guidelines for each brain type. Other useful things in this book include a template for day-to-day weight-loss record keeping, a list of foods that are healthy for both body and brain, and a bunch of little tips titled "Two Hundred Ways To Leave Your Blubber Behind."

Everything here seems medically sound and simple enough.

Jayson Graves says

We have been using Dr. Amen's supplements for years with great success personally and with our counseling clients. You can use our affiliate code for a 15% discount at AmenClinics.com on all supplements and products: ECENTER4

Elena Ammosova says

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Kathy says

Interesting stuff. Rather self-righteous tone. Information presented in way too many long lists.
