

Kirkus Reviews 2012

Clinical neuroscientist and public-broadcasting favorite Amen (*The Amen Solution*, 2011, etc.) updates and sharpens his program for shaping a healthy brain.

The brain is the hub: When it works correctly, so will you, like feeling the urge and responsibility to exercise and eat sensibly. When it is weakened or damaged, so too will be your decision making. Readers may quibble with some of Amen's particulars—such as his equation of brain health equaling wealth—but one would have to be blind not to nod in agreement at the familiar sagacity of his overall plan. In his comforting storyteller's voice, the author makes tales of the important elements in his healthy-brain system: diet, supportive friends, exercise (including our old friend sex: "Your bed may be the best piece of workout equipment in your house"), confronting and grappling with brain damage, addressing emotional challenges, learning to keep the brain nimble and keeping track of your vital numbers. With clarity and compactness, Amen presents 10 vignettes to drive home his points and then from each draws 20 tips to put the evidence into play in the reader's life. Though he doesn't shrink from boosting the brain-health products sold through his Amen Clinics, to his credit he details just which substances and supplements are important to achieve a goal.

Just reading Amen's book will probably improve your brain, though his commonsensical advice suggests you can do plenty more.

If you want to think smarter, you need to have a healthier brain. This is another incredibly helpful book from Dr. Daniel Amen for anyone who wants to increase their brain capacity. I want to stay sharp, and that's why I read everything Dr. Amen writes, and you should too!

Dr. Rick Warren, Author of *The Purpose Driven Life*

Dr Amen magically shows us that aging of our brain need not match aging of our bodies. The tools he offers to avoid injury to this most precious real estate in our body are priceless and will keep us thinking sharply throughout our progressively longer lives.

Mehmet Oz, M.D.

Professor and Vice Chair Surgery, New York Presbyterian/ Columbia Host, *The Dr Oz Show*.

"Sign me up for a better brain. We are all getting older. But if you want to do it feeling younger and able to remember where you put your glasses read Dr. Amen's new book. It is filled with great stories and inspiration to take care of the most important part of you."

Bill Cosby

"I have been a long-time advocate of the pioneering research of Daniel Amen. I believe this book may be his best ever as it distills much of his previous work coupled with some of the newest research into a comprehensive, but clearly stated lifestyle program. The science behind

the program is complex, but its execution is easy if follow if truly you want to separate biological age from chronological age.”

Barry Sears, Ph.D.
Author of The Zone

“This book is so engaging that I almost burned my dinner while reading it...The overarching message is hope and motivation. As Dr. Amen proposes, the fountain of youth is between your ears.”

Ingrid Kohlstadt, MD, PhD
Townsend Letter

“I couldn’t stop reading Dr. Amen’s new book until I was finished. As a holistic neurosurgeon, I found it the best user’s guide to optimal brain function I have ever read. His incredible story-telling skill combined with practical information will change your life.”

Joseph C. Maroon, M.D., Professor and Vice Chairman, Department of Neurosurgery, University of Pittsburgh Medical Center
Team Neurosurgeon, The Pittsburgh Steelers

Thorough, practical, and inspiring, this is an essential guide to reclaiming your brain-- and your life! It's never to late to start... or too early. I recommend it to anyone with a brain.

....Hyla Cass MD, author of 8 Weeks to Vibrant Health

"USE YOUR BRAIN TO CHANGE YOUR AGE is inspiring and practical. Its case studies make this book powerfully impactful, both for adults and young adults in schools. I can't think of a single reader who won't find himself or herself represented in the stories of women and men who have used Dr. Amen's wisdom and research to live healthy lives. This is a must read for anyone interested in the human brain and the body that shelters it."

--Michael Gurian, Author of LEADERSHIP AND THE SEXES and BOYS AND GIRLS LEARN DIFFERENTLY

"Dr. Amen's book will help you understand how staying physically active can help you avoid a shrinking brain and lower your risk for Alzheimer's."

Cyrus Raji, MD, PhD, University of Pittsburgh

Dear Daniel,

After successfully downloading your book, I couldn't stop reading until I was finished. As a somewhat holistic neurosurgeon (an oxymoron?!) "I found it the best user's guide to optimal brain function I have ever read." Your incredible story-telling skill of weaving complicated neuroradiological, neurophysiological, neurochemical information into practical and understandable language is a true gift.

I am particularly intrigued by your reflections on the NFL players, SPECT scans and your nutritional and HBO approach to brain rejuvenation. I have been doing the identical thing with mostly high school and college players with post concussion syndrome from different sports and have seen similar dramatic results.

I also noted that you quoted Dr. Raj and his volumetric study relative to exercise and also the fish oil study out of the department of psychiatry at the University of Pittsburgh. I am now working with Dr. Walter Schneider also here at Pitt who is a brilliant member of the department of psychiatry and radiology who is working with high definition fiber tract imaging of the brain in mTBI. The level of resolution is ten times greater than that in DTI. I will forward to you a research proposal that we have recently put in to the NFL for studying retired players who are symptomatic. The goal is to identify distinct lesions in fiber tracts that contribute to the clinical picture of early CTE and/or post concussion syndrome. It would be fascinating to utilize 4 or 5 of the patients that you have also done SPECT scans upon.

The images he is obtaining are nothing short of spectacular. I believe that the fiber tract interruptions particularly in mTBI are associated not so much with shear injuries but with the cytokine release from microglia and the subsequent lipid peroxidase dissolution of myelin and axons as we published in the paper that I sent to you on immunoexcitotoxicity.

Of great interest is that as you know the great majority of clinicians treat the symptoms of post concussion syndrome—antidepressants for the depression, hypnotics for sleeplessness, anxiolytics of anxiety, etc. You (and I) are one of the few who are addressing the underlying neuro inflammatory process that is the genesis of the symptoms!

It is equivalent for most to have a patient with a high fever and pneumonia and treat the fever without giving antibiotics!

Congratulations on another New York Times bestseller and many thanks for sharing!

Your friend and colleague,

Joe

Joseph C. Maroon, M.D.
Professor and Vice Chairman
Department of Neurosurgery
Heindl Scholar in Neuroscience
University of Pittsburgh Medical Center
Team Neurosurgeon, The Pittsburgh Steelers

Las night at the Steelers-Philly game in Pgh, I had the opportunity to talk to our mutual friend, Terry Bradshaw, on the sidelines. You couldn't have a more enthusiastic and pleased patient. He told me how

devastated he was becoming and the transformation you made in his life—what fantastic work you are doing!

Below is a quote you can use any way you would like and change as you see fit.

“As a neurosurgeon daily dealing with the consequences of traumatic brain injury, I am thrilled to have this “user’s guide for brain protection and treatment” to recommend to my patients from internationally recognized author, physician and friend Daniel Amen.”

Joseph C. Maroon, MD
Professor of Neurosurgery and
Heindl Scholar in Neuroscience
University of Pittsburgh Medical Center and
Team Neurosurgeon, Pittsburgh Steelers

I couldn't stop reading Dr. Amen's new book until I was finished. As a holistic neurosurgeon, I found it the best user's guide to optimal brain function I have ever read. His incredible storytelling skill combined with practical information will change your life.

Hi,

I just finished reading the advanced copy of change your brain, change your age all 400 pages you shared with me!
Thank you for the opportunity to preview it!!

Your book got more and more fascinating as I got deeper into it especially reading about the NFL coverup of what is really happening and the great work you are doing helping players/ex-players to recover their full self expression.
What a story!

I also love the part about the people from within your own profession driving to keep things the same and discrediting any now possibility for major advances. I felt good about the way you named names and fought back. In my work in public education I faced the same kind of criticalness when we accomplished major results at the High School where I was principal with students that the "regular" schools had given up on and just labeled.

Jonathan Swift once said "you find giants by looking for the pygmies bands fighting against them." Daniel--you are a giant!

On another note my son Adam, who you once examined about 6 years ago, is drifting into the world of more time on games and less

involvement with real life. I think it would be good to look and see the trend of his brain since his first exam and perhaps he will get healthy brain envy.
I will also want to get scanned to see the difference your program can make for a 78 year old.

In Friendship,

Ron