Change Your Brain, Change Your Life: The Breakthrough Program For Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness

Daniel G Amen
CONQUERING ANXIETY, DEPRESSION, OBSESSIVENESS, ANGER, AND IMPULSIVENESS by Change Your Brain, Change Your Life: The Breakthrough. Dr. Amen explains how you can optimize your brain to achieve your fullest potential for conquering anxiety, depression, obsessiveness, anger, and impulsiveness. Buy Change Your Brain, Change Your Life: The Breakthrough Programme for conquering anger, anxiety, obsessiveness and depression by Dr Daniel G. that your anxiety, depression, anger, obsessiveness or impulsiveness could be related.