



### PRESCRIPTION 3

## FOCUS ON WHAT YOU LIKE

### PRESCRIPTION 1

## Notice when you're back,

### ARE YOU UNHAPPY?

#### DEEP LIMBIC SYSTEM CHECKLIST

Please read this list of behaviors and rate yourself for the period you are evaluating on each behavior listed. Use the following scale and place the appropriate number next to the item. Five or more symptoms marked 3 or 4 indicate a high likelihood of deep limbic problems.

0 = never | 1 = rarely | 2 = occasionally | 3 = frequently | 4 = very frequently

- ... (1) Feelings of sadness
- ... (2) Moodiness
- ... (3) Negativity
- ... (4) Low energy
- ... (5) Irritability
- ... (6) Decreased interest in life
- ... (7) Feelings of hopelessness
- ... (8) Feelings of helplessness
- ... (9) Feeling alone
- ... (10) Excessive guilt
- ... (11) Recurrent feelings of

### PRESCRIPTION 4

## Try Meditation/Self-Hypnosis

There are many forms of meditation. They often involve diaphragmatic breathing and guided imagery. For included the easy self-hypnosis steps I use personally on the opposite side of this card. When you do this the first several times, allow yourself plenty of time. Some people become so relaxed that they fall asleep for several minutes. If that happens, don't worry. It's actually a good sign you're really relaxed!

- ... (12) Drying
- ... (13) Decreased interest in things usually considered fun
- ... (14) Stress changes too much or too little
- ... (15) Appetite changes too much or too little
- ... (16) Low self-esteem
- ... (17) Decreased interest in sex
- ... (18) Negative sensitivity to medications
- ... (19) Forgetfulness
- ... (20) Poor concentration

#### CREATING POSITIVE THOUGHT PATTERNS AND STRENGTHENING CONNECTIONS

When we have limbic system problems, we need to focus on a number of things to improve our brain function. This includes strengthening the connection between the prefrontal cortex and the limbic system. This can be done through a variety of techniques, including meditation, self-hypnosis, and cognitive behavioral therapy. The goal is to create a positive feedback loop that helps to regulate the limbic system and improve overall brain function.

DANIEL G. AMEN, M.D.  
HOST OF THE POPULAR PBS SPECIAL

CHANGE YOUR  
BRAIN  
CHANGE YOUR  
life

BASED ON THE NEW YORK TIMES BESTSELLER

# Change Your Brain Change Your Life Deck

**Joe Hefferon**



## **Change Your Brain Change Your Life Deck:**

**Change Your Brain, Change Your Life (Before 25)** Jesse Payne, 2014 Offers a program designed for teens and adults that reveals how to train the brain for a lifetime of success

**Use Your Brain to Change Your Age** Daniel G. Amen, M.D., 2013-01-01 From the bestselling author and PBS star a brain healthy program to turn back the clock and keep your mind sharp and your body fit An incredibly helpful book for anyone who wants to increase their brain capacity Dr Rick Warren author of The Purpose Driven Life The fountain of youth is between your ears A healthy brain is the key to staying vibrant and alive for a long time and in Use Your Brain to Change Your Age bestselling author Dr Daniel G Amen shares ten simple steps to boost your brain to help you live longer look younger and dramatically decrease your risk for Alzheimer s disease Based on the approach that has helped thousands of people at the Amen Clinics Dr Amen s breakthrough easy to follow anti aging process shows you how to Boost your memory mood attention and energy Decrease your risk for Alzheimer s and other forms of dementia Eat to increase longevity Promote the healing of brain damage due to injury strokes substance abuse and toxic exposure Dramatically increase your chances of living longer and looking younger By adopting the brain healthy strategies detailed in Use Your Brain to Change Your Age you can outsmart your genes put the brakes on aging and even reverse the aging process

**Making a Good Brain Great** Daniel G. Amen, M.D., 2005-10-11 Daniel Amen M D one of the world s foremost authorities on the brain has news for you your brain is involved in everything you do learn to care for it properly and you will be smarter healthier and happier in as little as 15 days You probably run lift weights or do yoga to keep your body in great shape you put on sunscreen and lotions to protect your skin but chances are you simply ignore your brain and trust it to do its job People unknowingly endanger or injure their brains stress them by working at a frenzied pace and not getting enough sleep pollute them with caffeine alcohol and drugs and deprive them of proper nutrients Brain dysfunction is the number one reason people fail at school work and relationships The brain is the organ of learning working and loving the supercomputer that runs our lives It s very simple when our brains work right we work right and when our brains have trouble we have trouble in our lives Luckily it s never too late the brain is capable of change and when you care for it the results are amazing Making a Good Brain Great gives you the tools you need to optimize your brain power and enrich your health and your life in the process The principles and exercises in this book based on years of cutting edge neuroscience research and the experiences of thousands of people provide a wealth of practical information to teach you how to achieve the best brain possible You will learn how to eat right to think right how to protect your brain from injuries and toxic substances how to nourish your brain with vitamins and do mental workouts to keep it strong the critical component of physical exercise and which kinds work best how to rid your brain of negative thoughts counteract stress and much more Full of encouraging anecdotes from Dr Amen s many years of experience Making a Good Brain Great is a positive and practical road map for enriching and improving your own greatest asset your brain

*Change Your Brain, Change Your Life (Revised*

*and Expanded*) Daniel G. Amen, M.D., 2015-11-03 NEW YORK TIMES BESTSELLER In this completely revised and updated edition neuropsychiatrist Dr Daniel Amen includes effective brain prescriptions that can help heal your brain and change your life Perfection in combining leading edge brain science technology with a proven user friendly definitive and actionable road map to safeguard and enhance brain health and functionality David Perlmutter M D New York Times bestselling author of Grain Brain In Change Your Brain Change Your Life renowned neuropsychiatrist Daniel Amen M D includes new cutting edge research gleaned from more than 100 000 SPECT brain scans over the last quarter century and scientific evidence that your anxiety depression anger obsessiveness or impulsiveness could be related to how specific structures work in your brain Dr Amen s brain prescriptions will help you To quell anxiety and panic Use simple breathing techniques to immediately calm inner turmoil To fight depression Learn how to kill ANTs automatic negative thoughts and use supplements targeted to your brain type To curb anger Follow the Amen anti anger diet and learn the nutrients that calm rage To boost memory Learn the specific steps and habits to decrease your risk for Alzheimer s disease that can help you today To conquer impulsiveness and learn to focus Develop total focus with the One Page Miracle To stop obsessive worrying Follow the get unstuck writing exercise and learn other problem solving exercises You re not stuck with the brain you re born with **The Seventh Level**

Joe Hefferon, 2012-06-13 Do you feel a rage to achieve Are you unsure how to begin What are the secrets to building an extraordinary life What are the best methods for generating ideas formulating a plan and constructing your vision In *The Seventh Level* Joe Hefferon guides you through a seven step process distilled from an exploration of the worlds most ingenious minds the architects of the great cathedrals and skyscrapers the visionary galleries and awe inspiring residences Nearly every important moment of our lives is in some way connected to a built place and now that place can be you Join forces with the architects to design the life you ve always dreamed of This is your pocket renaissance the new era of you the quest for that elusive seventh level Praise for *The Seventh Level* Leonardo da Vinci first showed us the relationship between the human body and architectural proportions Now Joe Hefferon shows us the relationship between architectural design and human experience *The Seventh Level* will help you become the architect of your best life Dr Wendy Walsh Human Behavior Expert

**The Lemonade Life** Zack Friedman, 2019-08-06 The secret to an extraordinary life starts with five simple changes that anyone can make In this groundbreaking book Zack Friedman starts with a fundamental question What drives success It s not only hard work talent and skill The most successful people have one thing in common the power to flip five internal switches We all have these five switches and when activated they are the secret to fuel success create happiness and conquer anything *The Lemonade Life* is filled with inspirational and practical advice that will teach you Why you should write yourself a 10 million check Why your career depends on the Greek alphabet Why you need ikigai in your life How Judge Judy can help you have better work meetings How these twenty questions will change your life Learn from the entrepreneur who failed 5 126 times before becoming a billionaire the fourteenth century German monk who helped reinvent Domino s Pizza

the technology visionary who asked himself the same question every morning the country music icon who bought more than one hundred million books and the ice cream truck driver who made 110 237 in less than one hour With powerful stories and actionable lessons this book will profoundly change the way you live lead and work Your path to greatness starts with a simple choice Everyday you re choosing to live one of two lives the Lemon Life or the Lemonade Life Which life will you lead

The 10 Best-Ever Anxiety Management Techniques Margaret Wehrenberg,2018-02-27 A much anticipated update to the classic personal road map full of strategies to understand manage and conquer your stress Do you feel a tightness in your chest and a racing heart anytime you have to speak up for yourself whether in a large group or small Does the very idea that others could perceive you as looking uncomfortable or frightened make those symptoms even worse Do you vigilantly avoid potential panic triggers and always think the worst is bound to happen If so you may be one of the 40 million Americans who suffer from anxiety Symptoms run the gamut from mildly embarrassing but tolerable to persistent and debilitating While feelings of worry dread panic social unease and general anxiety are common their impact is insidious leaving sufferers feeling worn out and often hopeless This book is your answer Drawing on fresh insights into the anatomy of the anxious brain Dr Wehrenberg gets to the biologically based heart of the problem and offers readers practical effective tips to manage their anxiety on a day to day basis From diaphragmatic breathing and self talk to mindfulness muscle relaxation and plan to panic strategies you can learn to train your brain conquer your stress and anxiety and regain control of your life Debug Your Mental Software Jay Arthur,2006-08 Still making the same old mental mistakes over and over again Isn t it time to debug your mental software Using the simple tools in this book you ll learn how to 1 debug your mental software to eliminate the mental barriers to your success 2 upgrad *Take Back Your Brain* Kara Loewentheil,2024-05-21 NEW YORK TIMES BESTSELLER USA TODAY 1 NONFICTION BESTSELLER PUBLISHERS WEEKLY BESTSELLER A manual for every woman who wants to stop endless negative self talk create unshakable confidence and jump start a life of joy and power It all begins with your thoughts I never look good in tight skirts I can t ask for a raise or my boss will think I m greedy I m getting too old to find a partner I m a bad mom I m always behind I ll never be good enough What if every time you had a self critical thought you heard it in a man s voice The truth is not far off Living in a patriarchy women absorb a lifetime of messages that say your worth is defined by your looks your accomplishments and how well you take care of everyone around you In fact these messages are so pervasive that even knowing they exist they still manage to program themselves into our brains The result is that women end up feeling anxious guilty and vaguely ashamed of themselves no matter how much they do for others or achieve for themselves So how do we deprogram our thoughts from patriarchy s corrosive influence And once we do how can we create new self empowering beliefs Master Certified Life Coach and host of the UnF ck Your Brain podcast Kara Loewentheil knows how Despite graduating from Harvard Law School and getting her dream job Kara spent her twenties and thirties feeling insecure and anxious until she learned how to change her thoughts which led her to become a

coach In *Take Back Your Brain* she draws on cognitive psychology feminist theory and years of experience as a neuroplasticity focused coach to break down how the patriarchy hijacks women's brains and how women can get free To bridge the gap between your inner voice and your true potential she says you must begin with your thoughts By using the skills in this book to literally rewire your brain you can create new thought patterns that will directly transform outcomes in your life Ultimately *Take Back Your Brain* invites you to replace the thoughts that no longer serve you and make room for a kind of confidence you never thought possible Because when women unleash their true power they awaken new possibilities for the world

**Transform Your Mind, Transform Your Life** Conrad Riker, *Stop Chasing Change Engineer* Are you tired of self help that fails to rewire your habits leaving you stuck in cycles of mediocrity Do you want the scientific edge to hack your genetics master your mind and lead with unshakable purpose Can you afford to let weakness dictate your life while others seize control of their biology and destiny

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- 3 Bridge ancient spiritual wisdom alchemy astrology with cutting edge epigenetics and quantum physics
- 4 Forge neural circuits that align ambition with execution no platitudes just precision
- 5 Harness psi effects and synchronicity to bend probability in your favor
- 6 Crush toxic double binds by embracing masculinity as your biological mandate
- 7 Optimize diet exercise and meditation protocols that actually work for male physiology
- 8 Turn prayer into a neurological tool to hardwire success not beg for it

If you want to command your biology not apologize for it and lead in a world that demands unbreakable men buy this book today

[Tarot for Manifestation](#) Stefanie Caponi, 2025-07-29 Tarot is the most effective tool available for strengthening your intuition which is key for intentional manifestation Here author of *Guided Tarot* Stefanie Caponi shows you how to bring your desires to life Creativity shapes reality and our words are our spells Whether you're a seasoned tarot enthusiast or a curious beginner *Tarot for Manifestation* is a road map to a more vibrant and fulfilling existence complete with practical tarot resources and insightful guidance With a blend of practical advice and spiritual wisdom Caponi demystifies manifestation and tarot offering accessible techniques for readers of all levels This book provides step by step guidance on harnessing the energy of the universe to manifest dreams through tools like custom tarot spreads creative exercises shadow work declutter magic Through taking aligned action readers are empowered to create a life filled with magic abundance and love

[The 7 Habits of Highly Effective People](#) Stephen R. Covey, 2022-01-25 The eBook Companion to the 30th Anniversary Card Deck

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observing and altering habits slogging through baby steps toward new behavior Rather the research reveals that serious life turnaround usually happens in a moment with a flash of inspiration Epiphany arrives like a lightning strike rapidly shifting the recipient of such enlightenment onto a new path that creates a better life Motivational psychology has traditionally focused on slow and steady gradual improvement over time to reach a desired goal whether it s weight loss career change battling addiction or success in relationships We ve been told since toddlerhood that the tortoise beats the hare But through compelling science and powerful stories James Fell shows us that the hare has the edge overwhelming desire can be awakened fast and furiously When you learn to become attuned to that sensation of sudden awakening a new path can be followed almost effortlessly because it feels like destiny Everyone has the ability to experience the lightning strike The Holy Sh t Moment will teach you how to create a life changing epiphany and go directly from intention to action [Source Code Meditation](#) Michael Cotton,2018-05-22 Learn to mobilize latent energy in your body and direct it to energize and awaken your higher brain Provides a simplified step by step guided process to the higher brain activation techniques of Source Code Meditation Explains how to shift energy out of the lower survive brain into the higher thrive brain to bring confidence clarity and empowerment for transformative change in all areas of life Reveals how the brain first techniques of SCM tune the brain to receive meditation enabling access to deep flow states transcendent states of consciousness and higher brain potential The human brain is like a flowing river of potential Until now that river has been blocked barricaded and diverted by the primitive lower brain The lower brain hijacks our ability to experience deeper flow and higher transcendent states of consciousness It also guards against the full expression of the passionate human heart Source Code Meditation SCM with its nine summits of transformation effortlessly re routes that lower brain diversion allowing you to activate latent energy in your body awaken your higher brain enlighten your mind and set your heart on fire to create a new world With traditional meditation techniques it often takes decades of practice for hours each day to confer significant changes in the mind and the higher brain Few of us make it to these rarified states of mind due to the amount of time and the intensity of focus needed With brain first SCM techniques you mobilize latent energy in the body and direct it to energize and awaken the higher brain before meditation begins With the higher brain prepped and tuned meditation is efficiently received leading to quantum breakthroughs in higher consciousness without years of practice as well as access to deep flow states transcendent states of consciousness and higher brain potential Providing a simplified step by step guided process to SCM Dr Michael Cotton explains how to shift energy out of the lower survive brain into the higher thrive brain to bring confidence clarity and empowerment for transformative change in all areas of life Distilled from the world s most comprehensive philosophy Integral Metatheory SCM offers not only a way to create the brain state necessary to change the mind but the crystal clarity needed to use these advanced meditative states to actualize your potential and live your destiny to the fullest

**Unforgettable** Lexxie Couper, Sometimes being an optimist is hard work Brendon Osmond s an optimist a fitness geek a



man with a plan and the drive to achieve it He s sure he knows everything there is to know about his life and where it s headed until he gets one brief text A text from her Amanda The girl who broke his heart Thinking of you Just three little words but they re enough to make Brendon drop everything and head half way around the world to see her Acting only on gut instinct nothing can prepare Brendon for the truth he s about to learn A truth Amanda kept from him for almost two years A truth who has Brendon s eyes and claims his heart in an instant A truth that comes with a devastating diagnosis with the power to destroy everything he never knew he wanted or held dear A heartbreaking emotional heartwarming phenomenal story Five Stars 1 Click Addict Support Group The Always series is a 3 book series about love life laughter and hope Originally released under the pen name Cherie M Hudson the Always series is Lexxie Couper unlike you ve read before

Activate Your ADHD Potential Brooke Schnittman,2023-10-01 Attention deficit hyperactivity disorder ADHD is a brain based disorder It s not a choice Not everyone has it although more individuals are being diagnosed with it daily ADHD can be extremely difficult to manage when you don t have the right tools understanding of your own mind or proper guidance ADHD can leave you feeling powerless stuck and chaotic But it doesn t have to be this way There are steps you can take to live a more controlled consistent and confident life In this book and workbook Brooke Schnittman MA BCC PCC uses the strategies from Coaching With Brooke s signature twelve step program 3C Activation to empower adults with ADHD who are beyond ready to step into a new paradigm of living find order in the chaos of their ADHD life and transform themselves so they can be more productive confident and thrive Brooke lays out an organized and thorough plan for adults with ADHD to calm the chaos in their ADHD brain become more confident and activate their ADHD potential Throughout this book and workbook you will gain tools and understanding of The ADHD Disruptors that are leaving you underwhelmed or overwhelmed Evidence based tools to build and maintain momentum while increasing executive functioning skills How to decrease negative habits and actions while increasing healthy habits and actions How to break actions down into small manageable steps How to increase confidence and reduce anxiety Ways to increase and manage dopamine Ways to improve time management skills How to empower yourself to delegate and have uncomfortable conversations you have been avoiding The inner workings of your own ADHD brain and what is holding you back to achieve greater control consistency and confidence No matter what kind of ADHD type you have or stage of life you are in this book can guide you toward a more confident and controlled life Brooke has taught adults with ADHD worldwide and partnered with companies such as Chopra Global ADDA and CHADD The tools in this book have been a game changer for thousands **You Can Have an Amazing Memory** Dominic

O'Brien,2012-01-01 The 8 time winner of the World Memory Championship shares his life changing techniques for boosting your own memory power A Grandmaster of Memory reveals the methods that have brought him success in 8 World Memory Championships Follow him on his memory journey and improve your own memory by plugging into his life changing systems Inside you ll learn how to Enhance your life by expanding and sharpening your memory Memorize numbers lists speeches

birthdays cards facts names and faces Perform targeted memory exercises and measure your progress Learn how to build your memory to championship level all at your own pace Use improved memory to achieve new success in all areas of your life How much easier would your life be if you had a fantastic memory Make forgetting birthdays anniversaries jokes and facts a thing of the past and have any information you want at your fingertips

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## **Table of Contents Change Your Brain Change Your Life Deck**

1. Understanding the eBook Change Your Brain Change Your Life Deck
  - The Rise of Digital Reading Change Your Brain Change Your Life Deck
  - Advantages of eBooks Over Traditional Books
2. Identifying Change Your Brain Change Your Life Deck
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Change Your Brain Change Your Life Deck
  - User-Friendly Interface
4. Exploring eBook Recommendations from Change Your Brain Change Your Life Deck
  - Personalized Recommendations
  - Change Your Brain Change Your Life Deck User Reviews and Ratings
  - Change Your Brain Change Your Life Deck and Bestseller Lists
5. Accessing Change Your Brain Change Your Life Deck Free and Paid eBooks
  - Change Your Brain Change Your Life Deck Public Domain eBooks
  - Change Your Brain Change Your Life Deck eBook Subscription Services
  - Change Your Brain Change Your Life Deck Budget-Friendly Options

6. Navigating Change Your Brain Change Your Life Deck eBook Formats
  - ePub, PDF, MOBI, and More
  - Change Your Brain Change Your Life Deck Compatibility with Devices
  - Change Your Brain Change Your Life Deck Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Change Your Brain Change Your Life Deck
  - Highlighting and Note-Taking Change Your Brain Change Your Life Deck
  - Interactive Elements Change Your Brain Change Your Life Deck
8. Staying Engaged with Change Your Brain Change Your Life Deck
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Change Your Brain Change Your Life Deck
9. Balancing eBooks and Physical Books Change Your Brain Change Your Life Deck
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Change Your Brain Change Your Life Deck
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Change Your Brain Change Your Life Deck
  - Setting Reading Goals Change Your Brain Change Your Life Deck
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Change Your Brain Change Your Life Deck
  - Fact-Checking eBook Content of Change Your Brain Change Your Life Deck
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

### **Change Your Brain Change Your Life Deck Introduction**

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