



# Journal of Neurotherapy: Investigations in Neuromodulation, Neurofeedback and Applied Neuroscience

## Book Review: Change Your Brain, Change Your Life

Dave Siever CET <sup>a</sup>

<sup>a</sup> Comptronic Devices Limited , 9008 51 Avenue Edmonton, Alberta, Canada , T6E 5X4  
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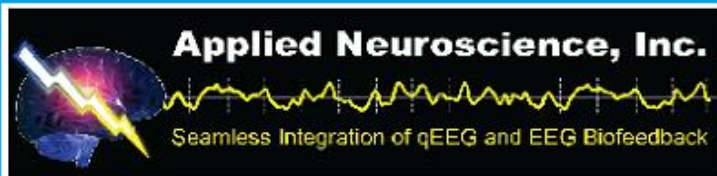
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## BOOK REVIEW

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CHANGE YOUR BRAIN, CHANGE YOUR LIFE. Daniel G. Amen, MD.

Just as the application of psychometrics, computer assisted tomography (CAT) scans, magnetic resonance imaging (MRI), quantitative electroencephalogram (QEEG), and single photon emission computed tomography (SPECT) are the quintessentials of understanding brain function and behavior, this book is essential reading to grasping a basic understanding of the brain and behavior. Dr. Amen describes the functions of the main emotional/attentional regulators within the brain in an easy and understandable way. The book is divided into five basic sections describing the basic functions of the limbic system, basal ganglia, pre-frontal cortex, cingulate and temporal lobes. He describes the associated problems and behavioral approaches to improving brain functions in these areas.

Each section begins with a chapter listing the functions and the problems associated with that particular area of the brain plus a simple self-rating scale for the reader to assess his or her mental status. Dr. Amen continues with several case studies and the remedies he prescribed for them. He describes his patient's problems with warmth, understanding and passion, leading an example for us all through the depth at which he connects and cares for his patients. The book is filled with many SPECT images, showing exactly where in the brain disregulation occurred.

The second chapter in each section explains the pharmaceutical and behavioral remedies for the multitude of problems that manifest from each brain disregulation. Most of his treatments are pharmaceutical, al-

though he includes some suggestions for diet and herbal supplementation. Unfortunately, there are only two pages on neurofeedback (NF) and audio-visual entrainment (AVE).

Included is a fascinating section on drug abuse called "Brain Pollution." This should scare most anyone into going "straight." Dr. Amen devotes a chapter to temper and violence illustrated with many challenging clinical situations. The book concludes with an appendix listing various psychotropic drugs and standard dosages plus a list of practitioners across the United States for whom Dr. Amen has great respect.

This is a power-house book! It provides a multitude of tools to help a wide variety of behavioral disorders including attention deficit disorder, cognition, depression, anxiety, anger, pre-menstrual syndrome, obsessive compulsive disorder, oppositional defiant disorder, violence, and more. This book will definitely help clinicians interpret brain imaging with greater understanding and improve neurofeedback techniques for their clients.

*Dave Siever, CET  
Comptronic Devices Limited  
9008 51 Avenue  
Edmonton, Alberta  
Canada T6E 5X4*