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Change Your Brain, Change Your Life (Before 25): Change Your Developing Mind for Real World Success

Jesse Payne

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The Key to Your Future Is in Your Head

Change Your Brain, Change Your Life has sold over 850,000 copies, spent 40 weeks on the New York Times bestseller list and revolutionized the way people think about their brains and their health. And now Dr. Jesse Payne, Director of Education at the Amen Clinics, is bringing the groundbreaking science of the Change Your Brain program to a whole new generation of readers.

The brain is particularly malleable until the age of 25, which means that even more than your parents or your teachers, you have the power to change your brain. And the things you do today—from what you eat, to how you sleep, to what you do for fun—can change your brain in drastic ways. This book provides a powerful, prescriptive program for you to avoid the common dangers and pitfalls that can jeopardize your future and train your brain for a lifetime of success.

Discover how to

•Improve academic performance

•Nurture creativity

•Treat diagnoses like ADD, ADHD and depression

•Enhance relationship skills

•Increase organization

•Improve memory

•Boost mood

•And more!

Featuring stories from real teens and young adults along with actual brain scans that show how effectively this program works, Change Your Brain, Change Your Life (Before 25) is perfect for teens and young adults, their parents and the professionals who work with them. Turn the page for a bright future and a successful tomorrow.

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