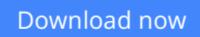


The Amen Solution: The Brain Healthy Way to Lose Weight and Keep It Off (Hardback) -Common

By (author) Dr Daniel G Amen



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From the "New York Times"-bestselling author of "Change Your Brain, Change Your Life," one of the world's leading experts on how the brain works, comes a practical, prescriptive step-by-step program that reveals ho to boost one's brain in order to lose weight and keep it off for a lifetime.

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