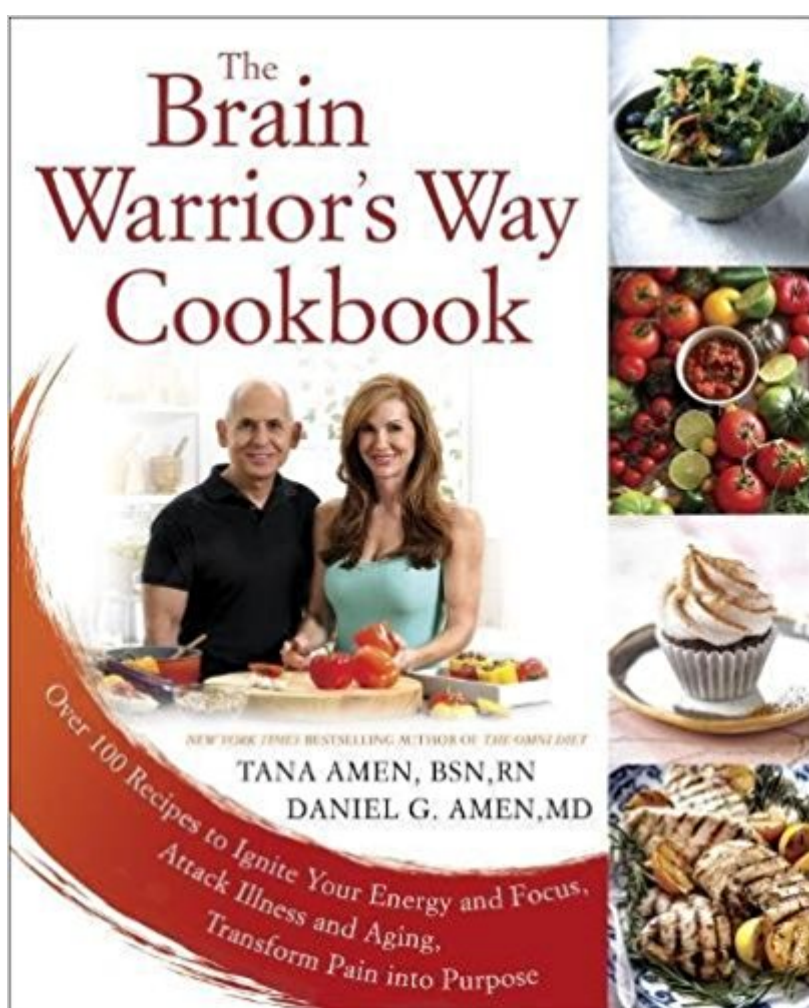


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# The Brain Warrior's Way Cookbook: Over 100 Recipes To Ignite Your Energy And Focus, Attack Illness And Aging, Transform Pain Into Purpose



## Synopsis

Feed Your Body AND Your Brain Â In The Brain Warriorâ™s Way, New York Times bestselling authors Tana and Daniel Amen share how to develop mastery over brain and body to combat disease, depression, and obesity. In this companion cookbook, not only will you find more than a hundred simple, delicious recipes that support the principles of The Brain Warriorâ™s Way to heal and optimize your brain, but you will also learn how to: Â Â Purge your pantry of toxins and processed foods. Â Â Stock up on inexpensive, whole-food Brain Warrior Basics that you can find at your local grocery store. Â Â Cook with techniques that ensure the maximum nutrition and best taste from each recipe. Â Â Plan holiday meals so you donâ™t have to âœcheatâ• on your diet to enjoy bountiful family dinnersÂ on special occasions. Â Â Use spices to improve your health in simple, tasty ways. Â Â Pack grab-and-go snacks for healthy eating on the run. Â Â Teach your kidsâ”even the picky eaters and moody teensâ”how to have fun being a Junior Brain Warrior. Â An essential resource for Brain Warriors who want to fuel their bodies with foods that boost energy, focus, memory, and quality of life, this cookbook is the ultimate tool for winning the fight in the war for your health.

## Book Information

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## Customer Reviews

Praise for The Brain Warrior's Way Cookbook"The most important decisions that determine the brainâ™s health destiny happen in the kitchen, not at the pharmacy. Tana and Daniel Amenâ™s The Brain Warriorâ™s Way Cookbook is a guiding light that paves the way for brain health, functionality, and disease resistance with incredible recipes that are totally in line with leading-edge

nutritional research. Truly, this is a transformative cookbook that will positively change our health trajectory." • "David Perlmutter, MD, FACN, board-certified neurologist and #1 New York Times Bestselling author of Grain Brain "The Brain Warriors Way Cookbook will feed your mind, body and soul in a delicious and nutritious way. It uses the latest science to help reverse illness and help you function at your peak for the rest of your life!" • "Dr. Mark Hyman, director of the Cleveland Clinic Center for Functional Medicine and bestselling author of Eat Fat, Get Thin and The Ten Day Detox "The Brain Warrior's Way Cookbook will help you incorporate the delicious foods you need to eat every day to keep you and your brain healthy in our increasingly unhealthy world." • "Dr. Mike Dow, New York Times bestselling author of The Brain Fog Fix "A great brain can lead to a great body and heart. The Brain Warrior's Way Cookbook is a valuable tool to boost the health of the brain and body through clean eating stressing abundance, taste and appearance. The principles taught by Tana and Daniel Amen provide a path to healing and rejuvenation, top down." • "Joel Kahn MD, Professor of Medicine and author of The Whole Heart Solution Praise for The Brain Warrior's Way • Daniel and Tana Amen combine deep insights into science, psychology and spirituality to create a potent prescription for brain health. If you want to protect your most important organ, and ultimately become a force for healing in the world, follow The Brain Warrior's Way. • " David Ludwig, MD, PhD, Professor, Harvard Medical School and author of the #1 New York Times bestseller Always Hungry? "Daniel Amen's The Brain Warrior's Way is beautifully written and provides a state-of-the-art plan to win the war on optimal brain health and function. It is easy to read, simple to implement, and with groundbreaking material that will help you to turn back the clock on aging." • "Steven Masley, MD, FAHA, FACN, FAAFP, CNS, bestselling author of The 30-Day Heart Tune-Up and Smart Fat • "Whether you're dealing with brain fog, physical disease, or just want a better brain, The Brain Warrior's Way will keep you and your brain healthy in our increasingly unhealthy world. • "Dr. Mike Dow, New York Times bestselling author of The Brain Fog Fix "A true warrior is engaged in conflict with courage and skill. In this excellent book by Daniel and Tana Amen, the Brain Warrior now has the education, training and information to effectively fight and win the war against brain dysfunction and disease. Numerous insults in our environment, both obvious and hidden, induce inflammation and daily damage to our brain. We can control that destiny and the environmental-genetic interaction with the marvelous science and recommendations in this incredible and easy to read book. A wise healer will use that which works. These two wise healers have given us all the tools we need to heal our brain, keep us whole and at peace." • "Mark Houston MD, MS, MSc, author of What Your Doctor May Not Tell You About Hypertension • "In The Brain Warrior's Way, Daniel and Tana Amen pioneer a powerful life changing program to

assist you in mastering your, mind, body and spirit.Â This book guides and ignites our innate ability to step back into a path of health and well-being with the transformational tools, wisdom and experiences provided. Life changing!" - Barry Goldstein, award winning music producer and author of The Secret Language of the Heart Â "Itâ s this simple: If you want a healthy body, you have to have a healthy brain. The Brain Warriorâ s Way is the ultimate manual on how to tune-up, protect and take care of your bodyâ s most important organ. The Brain Warriorâ s Way is the ultimate self-help book, a how-to manual for taking care of the most important organ in your bodyâ  your brain." â  Jonny Bowden, PhD, CNS, best-selling author of The Great Cholesterol Myth, Smart Fat and Living Low Carb Â "Working together as both a medical team and two very warm writers and teachers, Daniel and Tana Amen have written real gems in The Brain Warriorâ s Way book and cookbook. The authors provide practical, delicious, science-based programs to protect and optimize the most important part of you. Especially powerful to me were The Amensâ  warnings about neurotoxins and strategies for combating them. In whatever stage of life you find yourself, I hope you will read these books!" â Michael Gurian, author of The Wonder of Aging and The Wonder of Children

Tana Amen, BSN, RN, and VP of Amen Clinics, is the author of 6 books, including the New York Times bestseller The Omni Diet. She is a highly respected health and fitness expert, and a nationally renowned speaker and media guest. She has appeared on The Doctors, Today, Good Day New York, and more. Additionally, Tana's appearances on public television promoting brain health have helped raise millions of dollars for local stations. Â Â Daniel G. Amen, MD, is a double board-certified psychiatrist, professor, and ten-time New York Times bestselling author. He is one of the worldâ s foremost experts on using brain-imaging tools to help optimize and treat his patients. Amen Clinics have one of the highest published success rates for patients. His research was listed as one of the Top 100 Stories in Science for 2015 by Discover magazine. He has written and hosted eleven highly popular shows about the brain for public television. His work has been featured in The New York Times Magazine, the Washington Post, and Menâ s Health and on The Dr. Oz Show and Dr. Phil.

IÃ¢Âve been a personal trainer for six years. I study nutrition and ways to adjust diet for individual clients. The recipes in this book are amazing. TheyÃ¢Âre back to basics. Just wholesome, creative yet, simple to make and delicious stuff. TheyÃ¢Âre easy to cook. And itÃ¢Âs approach to health is different than any other cookbook IÃ¢Âve read. I love that

it's my brain focused and so do my clients. By not just focusing on my client's body goals, I feel like I just add another level of value to them by improving their brain health too. I also love the warrior approach to food. Being militant about how and what we eat and understand that we are fueling our body and brain to perform is so essential to what I do. My two current favorite recipes in the book are the One-Minute Avocado Egg Basket and Two Ingredient Nutty Butter Cups. For starters, I love how simple both of them are to make. Avocado and egg for breakfast is the best way to start your day. And being a Reese's Peanut Butter Cup fan, Tana's Nutty Butter Cups really allow me to satisfy that sweet tooth craving. If you're looking for a great way to improve your diet with food that helps your brain, I highly recommend this book.

This cookbook is a work of art! It's filled with delicious, healthy recipes and endless tips to keep your body fueled and energized. Packed with valuable insights to improve your health, this cookbook covers it all! It's wonderful to have easy to prepare recipes that not only heal and optimize your brain but also boost your energy and vitality!

If you're looking for healthy recipes that actually taste good, get this cookbook!! So far everything I have tried has been delicious. The recipes are well written and easy to follow.

Great and unique recipes that aren't too intensive.

There are some great recipes in this cookbook.

Gift-daughter-in-law request. She was pleased.

Nice recipes. Seem to be easy and tasty.

It's a better way to cook.

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