



# **Reclaim Your Brain: How to Calm Your Thoughts, Heal Your Mind, and Bring Your Life Back Under Control**

*Joseph A. Annibali MD*

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# Reclaim Your Brain: How to Calm Your Thoughts, Heal Your Mind, and Bring Your Life Back Under Control

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**Reclaim Your Brain: How to Calm Your Thoughts, Heal Your Mind, and Bring Your Life Back Under Control** Joseph A. Annibali MD

**A prescriptive guide to restoring cognitive calm, based on Amen Clinic Chief Psychiatrist Dr. Joseph Annibali's three decades of treating patients who suffer from overloaded, over-stimulated brains.**

Dr. Joseph Annibali has treated thousands of people with overloaded, over-stimulated brains. Some people describe their brain as being "in chaos"; others feel that their brain is "on fire." But whether they are ultimately diagnosed with "normal" anxiety, disabling OCD, depression, bipolar disorder, or even substance abuse, the underlying problem is a Too-Busy-Brain, a great irritant that interferes with attention, concentration, focus, mood, and often much more. It may even be a sign of undetected damage to either the brain or the body itself. But through practical strategies, understandable explanations, and prescriptive mind-management techniques, Dr. Annibali will help readers finally reclaim their brains and get back in control of their lives.

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