



***“The most popular
psychiatrist in America”***

– The Washington Post

***“Web’s #1 most influential
expert and advocate on
mental health”***

– Sharecare

Daniel G. Amen, M.D.



Dr. Amen is a clinical neuroscientist, board-certified child and adult psychiatrist, award-winning researcher, brain imaging pioneer, founder of Amen Clinics Inc., and BrainMD, and 10-time *New York Times* bestselling author.

He has helped millions of people worldwide change their brains and change their lives. He says that when your brain works right you work right, and when your brain is troubled you are much more likely to have trouble in your life. He has built a massive following with his inspiring message: “You are not stuck with the brain you have, you can make it better.” A pioneer in brain SPECT imaging with the world’s largest database of functional brain scans, he is revolutionizing the way we look at both brain and mental health. He is married to Tana, the father of four children, and grandfather to Elias, Emmy, Liam, Louie, and Haven. He’s also an avid table tennis player, which he says is the world’s best sport for your brain.

Reach

Collectively, Dr. Amen’s websites reach hundreds of thousands of monthly visitors, who consider him a trusted source for information on brain health, brain-related conditions (ADHD, anxiety, depression, addiction, memory issues, and more), overall wellness, and nutrition. BrainMD Health is a fast-growing nutraceutical company dedicated to natural ways to optimize brain health and mental wellness, and visitors return frequently to purchase nutritional and educational products.

Websites

www.AmenClinics.com

www.BrainMDhealth.com

DanielAmenMD.com

Pageviews/month:

1,084,535

Sessions/month:

681,143

Unique visitors/month:

446,898

Brain Health Assessment

Brainhealthassessment.com

More than 2 million people from around the world have taken Dr. Amen’s Brain Health Assessment, which helps people know which of the 16 brain types they may have, together with a Brain Health Score.

BrainFitLife Community

BrainFitLife is a growing paid membership-based site that offers a complete brain health toolkit—a personalized brain training plan, brain games, brain healthy recipes, meditation and hypnosis audios, exercises to kill the ANTs (automatic negative thoughts), WebNeuro assessment, a 12-hour video course, and a support community.

Email Newsletters

of subscribers: 2M

The Brain Warrior's Way Podcast

Since 2017, Dr. Amen has been hosting the popular Brain Warrior's Way Podcast with his wife, Tana Amen, who is a nurse, health and fitness expert, and bestselling author. Together they take a deep dive into neuroscience to cover everything from weight loss to love and happiness to overcoming mental conditions like anxiety, depression, and ADHD.

"A must-listen podcast, brilliant brain tips, practical and entertaining."

- Listener review

OVER 4 MILLION total downloads

of episodes: 483

of downloads/month: 210,109

Featured guests have included:

Maria Shriver

Tony Robbins

Brendon Burchard

Dave Asprey

Gary Busey

Chalene Johnson

Leeza Gibbons

Dr. Mark Hyman

Dr. David Perlmutter

Rice Broocks (*co-founder Every Nation family of churches*)

Worldwide Reach

The Daniel Plan — Taught in Thousands of Religious Organizations Worldwide

Together with Pastor Rick Warren and Dr. Mark Hyman, Dr. Amen is one of the chief architects of “The Daniel Plan,” a program to get the world healthy through religious organizations that has been done in thousands of churches, mosques and synagogues around the world.

Brain Thrive by 25 — Taught in All 50 States and 7 Countries

In 2005, Dr. Amen collaborated with Dr. Jesse Payne to create a high school and college course to teach students how to love and care for their brains. Called Brain Thrive by 25 (www.brainthriveby25.com), it has been shown to decrease drug, alcohol and tobacco use, decrease depression, and improve self-esteem in teens and young adults. It has been taught in all 50 states and in 7 countries.

Brain Health Coaching Certification Course — Coaches in 52 Countries

Designed for therapists, physicians, healthcare professionals, business coaches, teachers, and anyone interested in teaching others practical neuroscience, this Amen University course has produced coaches in 52 countries.

BRIGHT MINDS — 2 States and Growing Fast

This program is intended to help businesses, schools, and community organizations boost their team’s brain health to produce a more positive, productive environment where everyone is happier, less stressed, and primed for success. Currently taught in California and Texas, this new program is growing fast.

Music

Together with Barry Goldstein, Dr. Amen has produced three brain-enhancing music albums. Dr. Amen was named one of the Top 10 New Age Artists of 2018.

BRIGHT MINDS: Memory Rescue Music (2017)

#2 on the Billboard New Age Album chart

42 weeks in the top 10 of Billboard's New Age chart

#7 Top New Age Album of 2018

Feel Better Fast and Make It Last (2018)

14 weeks on the Billboard New Age chart

The Brain Warrior's Way Album (2016)

#2 on the Billboard New Age Album chart



Social

40 MILLION VIEWS after anonymous posts of Dr. Amen's talk on "What a psychiatrist learned from 87,000 brain scans" went viral.

@drdanielamen

Facebook: 350k followers

@doc_amen

Instagram: 110k followers

@docamen

Twitter: 86k followers

@amenclinic

Facebook 55k followers

@Amen_Clinics

Twitter: 2k followers

Instagram: 500 followers

@brainmdhealth

Facebook: 21k followers

Twitter: 1k followers

Instagram: 14k followers

Press and Features

Hundreds of news outlets and publications have featured Dr. Amen as a brain health expert or guest contributor.

TELEVISION

Dr. Oz Show
The View
Rachael Ray
The Doctors
The Today Show
Larry King Live
Dr. Phil

ABC World News
CNN
NBC
FOX
20/20
BBC
E!



Press and Features

PRINT

The New York Times
The New York Times Magazine
Parade Magazine
Newsweek
Time
Huffington Post
London Telegraph
The Washington Post

Los Angeles Times
USA Today
Men's Health
Cosmopolitan
Vogue
Bottom Line
World Economic Forum

Feature Films and Documentaries

Dr. Amen has appeared as a brain/mental health expert in several documentaries and was a consultant for the 2015 movie Concussion starring Will Smith.

DOCUMENTARIES:

Quiet Explosions, 2019

Origins, 2014

Your Second Fifty, 2016

Gridiron Gladiators: The History and Uncertain Future of American Football, 2014

The Crash Reel, 2013

After the Last Round, 2009

The Truth About Drinking, Emmy Award for Best Educational Television, 1999

National Public Television Specials

Dr. Amen has written, produced, and hosted 13 breakthrough public television specials on brain/mental health that have made him well-loved by millions of viewers seeking guidance on memory, attention, behavior, emotional issues, cognitive functions, and more.

105+ SHOW AIRINGS WITHIN NORTH AMERICA MILLIONS OF VIEWERS

End of Mental Illness, 2020



Feel Better Fast and Make It Last, 2018

Memory Rescue, 2017

BRAINFIT: 50 Ways to Grow Your Brain, 2016

On the Psychiatrist's Couch, 2015

Healing ADD, 2014

The OMNI Health Revolution, 2013

Unleash the Power of the Female Brain, 2013

Use Your Brain to Change Your Age, 2012

The Amen Solution: Using Your Brain to Become Thinner, Smarter, Happier, 2011

Change Your Brain, Change Your Body, 2010

The Brain in Love, 2009

Magnificent Mind at Any Age, 2008

Change Your Brain, Change Your LIFE, 2008

Speaking Appearances

Dr. Amen has delivered hundreds of energetic, entertaining, and inspiring talks and keynote presentations for medical conferences, Fortune 500 companies, U.S. government agencies, professional sports organizations, universities, health & wellness events, legal associations, religious organizations, and many others.

10.3 MILLION TOTAL VIEWS BETWEEN THESE TWO TEDX TALKS

"The Most Important Lesson from 83,000 Scans"

TEDx Orange County, 2013

OVER 2.1 MILLION VIEWS

"Change Your Brain, Change Your Life"

TEDx talk on Innovation, 2011

RECENT

Integrative Medicine for Mental Health 2019

AACC Rise Up World Conference 2019

Keynote, National TACA Autism Conference 2019

HIGHLIGHTS

Talks at Google 2017

Move for Minds with Maria Shriver 2017

The Pentagon 2016

Forbes Business Growth Summit 2014

U.S. Department of the Interior 2013

Harvard University 2013

American Psychiatric Association
2012, 2004, 1999, 1996, 1993

Army National Guard

The Daniel Plan Kickoff Event 2011

Retired NFL Players Summit 2009

Harvard Learning and the Brain
Conference 2004

National Security Agency 2004

National Science Foundation 2003

American Neuropsychiatric
Association 2002

California Psychiatric Association 2001

National Council of Juvenile and
Family Court Judges 2001

National Institutes of Health 1996

Society of Developmental Pediatrics
1996

U.S. Department of Health and
Human Services

Books

Dr. Amen is a 10-time *New York Times* bestselling author who has written over 40 books.

HERE IS A SAMPLING OF HIS PUBLISHED BOOKS:

The End of Mental Illness,
Tyndale coming 2020

Change Your Brain, Change Your
Grades, BenBella 2019

Feel Better Fast and Make It
Last, Tyndale 2018

Memory Rescue, Tyndale 2017

The Brain Warrior's Way, New
American Library, 2016

Change Your Brain, Change Your
Life, Three Rivers Press 2015
(Revised), NY Times Bestseller

Healing ADD, Putnam, 2013
(revised), NY Times Bestseller

The Daniel Plan, Zondervan,
2013, #1 NY Times Bestseller

Unleash the Power of The Female
Brain, Harmony Books 2013, NY
Times Science Bestseller

Use Your Brain to Change Your
Age, Crown Archetype 2012, NY
Times Bestseller

The Amen Solution, Crown
Archetype 2011, NY Times Bestseller

Change Your Brain, Change Your
Body, Harmony Books 2010, NY
Times Bestseller

Brain in Love, 2009

Magnificent Mind At Any Age,
Harmony Books 2009, NY Times
Bestseller

Making A Good Brain Great,
Harmony Books 2005, Amazon
Book of the Year

Scientific Research

Dr. Amen is an award-winning researcher and the author or co-author of 70 professional articles and seven book chapters. His groundbreaking research has appeared in dozens of prestigious medical journals, and he has been an invited reviewer for numerous journals.

#19

Top 100 Science Stories of 2015

Discover Magazine

Dr. Amen's team's research on distinguishing posttraumatic stress disorder from traumatic brain injury is featured in the top 100.

NFL Study

Dr. Amen is the lead researcher on the world's largest brain imaging and rehabilitation study on professional football players. His research has not only demonstrated high levels of brain damage in players, but also the possibility of significant recovery for many with the principles that underlie his work.

Research has appeared in:

Journal of Alzheimer's Disease
Journal of Systems & Integrative Neuroscience
PLOS One
Brain Imaging and Behavior

Archives of Clinical Neuropsychology
Translational Psychiatry
Journal of Neurotrauma
Nature Obesity
Journal of Neuropsychiatry & Clinical Neurosciences
Consciousness and Cognition
Nuclear Medicine Communications
Neurological Research
Neuropsychiatry Reviews
Journal of the American Academy of Child & Adolescent Psychiatry
Annals of Clinical Psychiatry

Invited Reviewer

New England Journal of Medicine
Journal of Nuclear Medicine
Brain Imaging and Behavior
Journal of Neuropsychiatry and Clinical Neurosciences
Journal of Alzheimer's Disease
Journal of Psychoactive Drugs
Journal of the American College of Nutrition

End Mental Illness Now Foundation

In 2008, Dr. Amen created the not-for-profit End Mental Illness Now Foundation to help decrease stigma surrounding mental health issues, increase compliance, and help patients get better faster.

OVER \$1 MILLION RAISED for clinical research, education tools, and support for those who need it.

3 PURPOSES:

1. Revolutionize Psychiatry

Fund research that demonstrates improved mental health outcomes by using neuroimaging to inform diagnosis and treatment.

2. Educate the World

Educate children, teens, and adults that brain health is central to all health and success.

3. Support Those in Need

Support those in need by donating services for help.

50 States & 7 Countries

The Foundation's high school/college course is taught worldwide.

Partner Organizations

Andrew Gomez Dream Foundation

Talk About Curing Autism

Helping Hands

Seeds Foundation

Services

Dr. Amen has been pioneering the use of brain SPECT imaging in psychiatry for 30 years and has been sharing his message that brain health is central to all health and success through his psychiatric practice, speaking engagements, and writing.

Psychiatric Practice

Dr. Amen believes in using brain imaging as part of a comprehensive evaluation to diagnose and treat brain/mental health conditions.

- 8 clinics nationwide
- Over 4,000 patient visits each month
- Numerous brain health events and presentations

Speaking

Dr. Amen shares patient stories, brain health strategies, and groundbreaking science with passion and humor. Topics include:

- Brain imaging in psychiatry
- Change your brain, change your life
- Memory rescue
- Feel better fast
- Breaking the addictions that steal your life
- Natural ways to heal the brain
- 7 steps to creating a brain smart life

Consulting & Amen University

Dr. Amen consults with corporations, schools, professional sports groups, and religious organizations to share how they can integrate brain health to improve performance. He also offers a variety of educational programs through Amen University. Courses include:

- Brain Thrive by 25
- BrainFit for Work & Life
- Change Your Brain Masters
- Brain Health Coaching Certificate Course
- Healing ADD at Home in 30 Days
- Brain Warrior's Way

Testimonials

D. Mehmet Oz

“One of the most gifted minds in science.”

Dr. Phil McGraw

“I love this doc. He takes complex information and makes it easy to understand.”

Joseph C. Maroon

“I couldn’t stop reading Dr. Amen’s new book until I was finished. As a holistic neurosurgeon, I found it the best user’s guide to optimal brain function I have ever read. His incredible storytelling skill combined with practical information will change your life.”

Pastor Rick Warren

“If you want to think smarter, you need to have a healthier brain. I wasn’t to stay sharp and that’s why I read everything Dr. Amen writes, and you should too!”

Stephen R. Covey

“Obesity, depression, and Alzheimer’s disease are current epidemics that are predicted to get worse. If you want to avoid them and improve your physical and mental health, read this enlightening book. You will find great wisdom in its pages.”

Leeza Gibbons

“Dr. Amen has been my source for a better brain for a long time. I have been a student and a fan, but this is new! If a ‘brain boost’ can give me a better body, I say bring it on.”

Dr. Mark Hyman

“Dr. Amen jumps light years ahead of our normal conceptions of the mind-body connection, to show us exactly how what we do to our brains affects our bodies, and what we do to our bodies affects our brains.”

Contact Information

Photos, videos, and additional materials are available for download at danielamenmd.com/media-kit.

For additional details about Dr. Amen or to inquire about a specific project, please email his assistant Kim Schneider at kschneider@amenclinic.com or call **949-236-8609**.

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