

Daniel Amen, M.D.



Media Kit

danielamenmd.com

BIO

“You are not stuck with the brain you have, you can make it better.”

Dr. Amen is a physician, double board-certified psychiatrist, award-winning researcher, inspirational and educational speaker, and 12-time *New York Times* bestselling author. He is the founder and CEO of Amen Clinics, Inc. with 8 locations across the US.

He is the lead researcher on the world's largest brain imaging and rehabilitation study on professional football players.

Dr. Amen is the author or co-author of over 80 professional articles, seven book chapters, and over 40 books, including the #1 *New York Times* bestseller *The Daniel Plan* and the over one million copy bestseller *Change Your Brain, Change Your Life, Healing ADD and The End of Mental Illness*.

His published scientific articles have appeared in prestigious journals, including *Journal of Alzheimer's Disease*, *PLOS One*.

He has written, produced, and hosted 14 national PBS programs about brain health, which have aired more than 120,000 times across North America.

Dr. Amen has helped millions of people worldwide change their brains and change their lives and has built a massive following. A pioneer in brain SPECT imaging with the world's largest database of functional brain scans, over 160,000 scan on patients from 121 countries, he is revolutionizing the way we look at both brain and mental health.

He is happily married to Tana, the father of four children, and 5 grandchildren. He's also an avid table tennis player, which he says is the world's best sport for your brain.

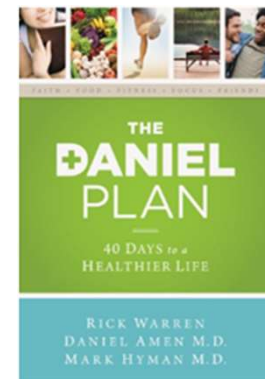
Special Honors and Awards



In 2019, Dr. Daniel Amen was awarded the prestigious **John C. Maxwell, Transformational Leadership Award**



Discover Magazine featured his research as #19 of the top 100 stories in science for 2015 "Brain Scans May Lead to Better Diagnoses"



In 2015, The Daniel Plan, was awarded **Christian Book of the Year**

Oral Roberts University Lifetime Global Achievement Award, 2015

Nutrition Business Journal Award for Business Achievement in 2012, Education Category

Sharecare.com's #1 most influential advocate on the web for Mental Health

Marie H. Eldridge Research Award given by the American Psychiatric Association for research on suicide

Sol W. Ginsburg Fellow in the Group for the Advancement of Psychiatry

Distinguished Fellow, American Psychiatric Association, 2005

Social Media



Dr. Amen's "The Most Important Lesson from 87,000 Brain Scans" had over 40,000,000 downloads after an anonymous Facebook post went viral.

Dr. Amen's social channels reach millions of people, through his Facebook Live Chats, Brain Warriors Way Pod Casts, inspiring blogs, and articles. His YouTube Channels boast over 4,000,000 views, 80,000 subscribers and growing everyday.



**Featured on CNN, HNL
"Love Your Brain Week"**



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Dr. Daniel Amen

Global Reach

Programs



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 Health Coaching Certification Course — Coaches in 56 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 56 countries.

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.

BRIGHT MINDS — Global Companies

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.

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

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

Podcasts and Webinars



Resulting in over 7,300,000 downloads and 640 episodes with more to come!

In 2017, Dr. Amen with his wife, Tana Amen, who is a nurse, health and fitness expert, and bestselling author, started the popular Brain Warrior's Way Podcast. Together they take a deep dive into the brain and neuroscience covering everything from love, happiness and parenting to overcoming mental conditions like anxiety, depression, and ADHD. They have hosted guests, such as Gary Busey, Tony Robbins, Maria Shriver, Leeza Gibbons, David Asprey, Chris Browning, Josh Perry, Pastor Rice Brooks, Dr. David Perlmutter and Dr. Mark Hyman.

Dr. Amen has been the featured guest on many high profile podcasts as listed in the sampling below.

Chalene Johnson
Chris "Drama" Pfaff
Dr. David Perlmutter
David Asprey
Franklin Covey
Dr. Gundry

Jay Shetty
Jim Kwik
Maria Menounos
Dr. Mark Hyman
Tom Bilyeu
Tom Ferry

Television and Film Appearances

Television

20/20

ABC World News

BBC

CNN News

Dr. Phil

Dr. Oz Show

E! Daily Pop

Eyewitness News

Fox News

Home & Family

Larry King Live

Oprah

Rachel Ray

The Doctors

The Today Show

The View



Film

After the Last Round

Concussion (*Consultant*)

Future of American Football

Gridiron Gladiators: The History and Uncertain

Justin Bieber: Seasons

Origins

Quiet Explosions

The Crash Reel

The Truth About Drinking

Your Second Fifty



Television Specials



Dr. Amen has written, produced, and hosted 14 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, relationships and more. They have aired more than 120,000 times across North America.



Change your Brain, Change your Mind, 2019

Feel Better Fast, and Make It Last, 2018

Memory Rescue, 2017

BRAINFIT 50: 50 Ways to Grow Your Brain, 2016

On the Psychiatrist 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, 2011

Change Your Brain, Change Your Body, 2010

The Brain in Love, 2009

Magnificent Mind at any Age, 2008

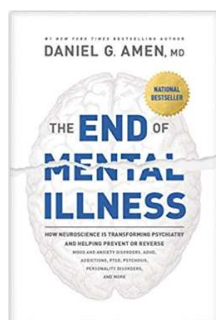
Change Your Brain, Change Your Life, 2008

Books

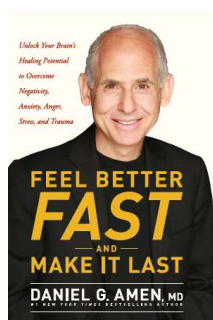
Dr. Amen has written over 40 books and is a 12-time New York Times bestselling author, and has over 40,000,000 books in print. His books inspire and teach the world that.....

"With a better brain, always comes a better life."
– Daniel G. Amen. M.D

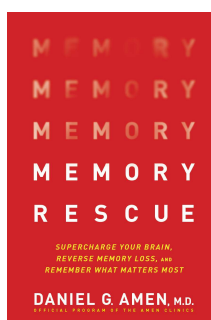
A Sampling of Dr. Amen's Books



2020



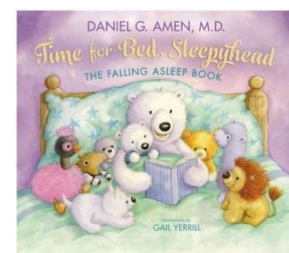
2018



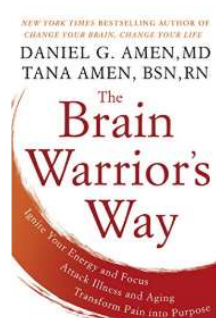
2017



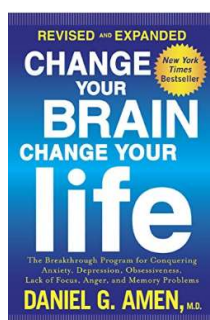
2017



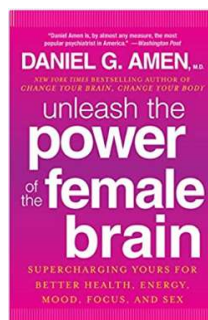
2016



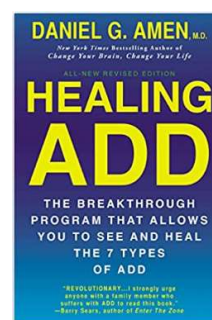
2016



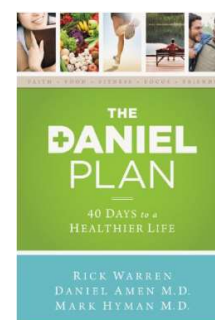
2015 & 1998



2013



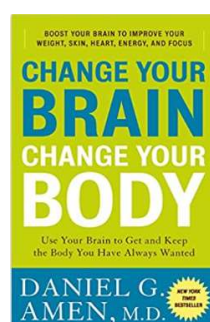
2013



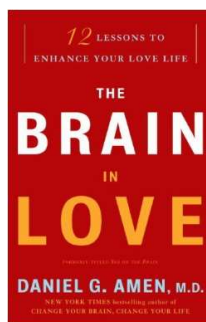
2013



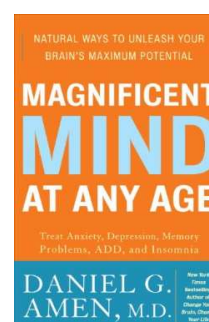
2012



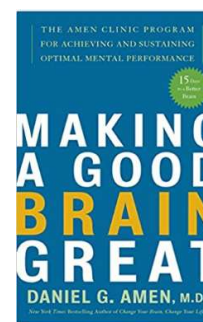
2010



2007



2008



2005

Keynotes, Presentations And Speeches



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

Berkshire Hathaway
Merrill Lynch
Paul Mitchell
Talks at Google
Trilogy Financial

Bradley University
Eagle Hills School
Future Medical Leaders of America
Harvard University
Vanguard University

High Performance Academy
Move for Minds, Maria Shriver
Success Live
TEDx, Orange Coast and Innovation
Townsend and Fellows Symposium

Rock Church
Saddleback Church
Transformation Church
Soul City Church

American Bar Association
Veteran's Administration
White House

AACC Rise UP World
Conference
Couples Conference
Evolution of Psychotherapy
IMMH
National TACA Conference

Speaking Topics



Here is a brief description of a few popular speaking topics:

The End of Mental Illness - We are on the cusp of a new revolution that will change mental health care forever. The End of Mental Illness discards an outdated, stigmatizing paradigm and replaces it with a modern brain-based, whole-person program rooted in science and hope. No one is shamed for cancer or diabetes; likewise, no one should be shamed for depression and other brain health/mental health issues.

CREATING BRIGHTMINDS – Will give you the tools to help you boost brain health and increase focus, creativity and innovation and live a healthy happier, less stress life through these simple steps. This can be a single lesson or 6-month course for businesses.

Memory Rescue - Memory is the fabric of our soul. It makes us who we are and allows us to keep our loved ones close, even when they are far away. When our memory is diminished or damaged, it can rob us of our ability to make good decisions (because we forget important life lessons) and causes us to become disconnected from those we love and our purpose in life.

Change Your Brain Change Your Life - The breakthrough program for conquering anxiety, depression, obsessiveness, lack of focus, anger and memory problems. You will learn to empower yourself with each brain system, connect with healthier, deeper relationships, Dr. Amen's secrets to eating brain healthy.

Addiction Rescue - Addiction steals the lives of too many people and can destroy their families. In this lecture, psychiatrist Dr. Daniel Amen will give you a new look at addictions through the lens of his neuroimaging work, and a specific plan to rescue people and families from its grip by understanding and treating the brain.

Testimonials

On Daniel G. Amen. M.D.

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."

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."

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!"

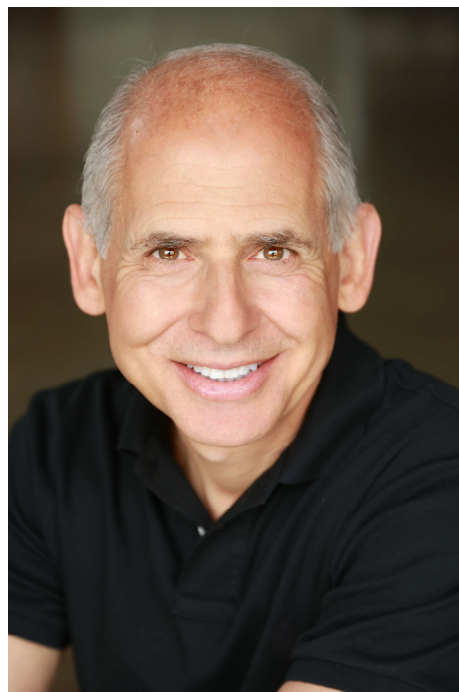
Stephen R. Covey

"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."

Dr. Mark Hyman

"Dr. Amen jumps light years ahead of our normal conceptions of the mindbody 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 Us



For additional details about Dr. Amen, to book an event or inquire about a specific project, please contact his assistant:

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