

# Daniel Amen

## Quotes

*Brain, Health, Blood, Thinking, People, Healing, Book, Sleep, Wise, Self,  
Powerful, Flow, Smart, Fatty Acids, Passionate, Numbers, Personality, Soul,  
Past, Happiness*

Don't believe everything you hear - even in your own mind.

~Daniel Amen

A lot of people don't know the brain is 85% water, so anything that dehydrates you like caffeine or alcohol is bad for the brain.

~Daniel Amen

To feel successful, you must be able to be honest about the things that are really important to you.

~Daniel Amen

Your brain is the organ of your personality, character, and intelligence and is heavily involved in making you who you are.

~Daniel Amen

Less than 7 hours of sleep at night causes lower overall brain function.

~Daniel Amen

Caffeine restricts blood flow to the brain.

~Daniel Amen

Women are natural leaders. They are wired to lead.

~Daniel Amen

A negative look from someone else may mean nothing more than they're constipated!

~Daniel Amen

Dr. Shapiro is a pioneer in the field of helping people overcome trauma and negative past experiences.

~Daniel Amen

Passionate living is the soul of success.

~Daniel Amen

Caffeine dehydrates the brain and body.

~Daniel Amen

Letting Go: A Little Bit at a Time is filled with big ideas that just might change your life. Wise, witty, and important.

~Daniel Amen

The Seeker, The Search, The Sacred by Guy Finley is a very wise book, filled with inspiration to help you dramatically improve your life. I highly recommend it.

~Daniel Amen

### **Related Links:**

- Brain Quotes
- Health Quotes
- Blood Quotes
- Thinking Quotes
- People Quotes
- Healing Quotes
- Book Quotes
- Sleep Quotes
- Wise Quotes
- Self Quotes
- Powerful Quotes
- Flow Quotes
- Smart Quotes
- Fatty Acids Quotes
- Passionate Quotes
- Numbers Quotes
- Personality Quotes
- Soul Quotes
- Past Quotes
- Happiness Quotes