

Name _____

Date _____

FORM 4C

Othmer Method Neurofeedback Certification

Summary of ***Making a Good Brain Great*** by Amen

List below three key ideas from each chapter:

Chapter 1: *Your Brain Is Involved In Everything You Do*

1.
2.
3.

Chapter 2: *When Your Brain Works Right, You Work Right*

1.
2.
3.

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Summary of ***Making a Good Brain Great*** by Amen

Chapter 3: *Your Brain Is The Most Complicated Organ In The Universe*

1.

2.

3.

Chapter 4: *Your Brain is Very soft, housed in a very hard skull*

1.

2.

3.

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Summary of ***Making a Good Brain Great*** by Amen

Chapter 5: *Know And Heal The Brain Systems That Run Your Life*

1.

2.

3.

Chapter 6: *One Size Does Not Fit Everyone*

1.

2.

3.

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Summary of ***Making a Good Brain Great*** by Amen

Chapter 7: *How Can You Know Unless You Look?*

1.

2.

3.

Chapter 8: *Yes, You Can Change Your Brain And Change Your Life!*

1.

2.

3.

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Summary of ***Making a Good Brain Great*** by Amen

Chapter 9: *The Myth Of The Perfect Brain*

1.

2.

3.

Chapter 10: *Protect Your Brain*

1.

2.

3.

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Summary of ***Making a Good Brain Great*** by Amen

Chapter 11: *Eat Right To Think Right*

1.

2.

3.

Chapter 12: *Brain Workouts*

1.

2.

3.

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Summary of ***Making a Good Brain Great*** by Amen

Chapter 13: *Exercise For Your Brain*

1.

2.

3.

Chapter 14: *Coordinate Your Brain*

1.

2.

3.

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Summary of ***Making a Good Brain Great*** by Amen

Chapter 15: *Brain Sex*

1.

2.

3.

Chapter 16: *Improving Reality*

1.

2.

3.

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Summary of ***Making a Good Brain Great*** by Amen

Chapter 17: Serenade The Brain

1.

2.

3.

Chapter 18: Soothing The Brain

1.

2.

3.

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Summary of ***Making a Good Brain Great*** by Amen

Chapter 19: *Keeping The Brain Young*

1.

2.

3.

Chapter 20: *Supercharging Neurons*

1.

2.

3.

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Summary of ***Making a Good Brain Great*** by Amen

Chapter 21: *Getting More Help*

1.

2.

3.

Chapter 22: *Fifteen Days To A Better Brain*

1.

2.

3.