

WHAT'S INCLUDED IN THE Amen WHOLE-4?

Turnkey train-the-trainer program kit for pastors, counselors, and lay leaders.

- 1 Kickoff Sermon/Lecture + slides and videos for all sessions
- Leader's Guide & Small-Group Curriculum with practical exercises and group discussion prompts for greater connection and personal growth
- Participant Guide + Daily Journal/Devotional for inner reflection and to track progress
- Amen WHOLE-4 Brain Health Assessment to personalize goals and strategies
- Pocket Cards for easy reminders on the go
- BRIGHT MINDS risk factors and interventions poster
- And more

TINY HABITS

Tiny Habits are the smallest things that add up to the BIGGEST results. Here are some of the many Tiny Habits in the Amen WHOLE-4 program that people can implement immediately into their daily lives for faster transformation.

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| Good for my brain or bad for it? | Win or learn | What can I do to make it better? | Does it fit? | Love food that loves you back | Is it true? 5 questions |
|  |  |  |  |  |  |
| REACH for forgiveness | Today is going to be a great day | What went well today? | Rule of 12 | Look for micro-miracles | I hear you saying ...? |
|  |  |  |  |  |  |
| Daily flossing | Give mind a name | The 1 thing | Always read food labels | | |
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BRING THE AMEN WHOLE-4 TO YOUR
COMMUNITY, CHURCH, OR CLINIC.

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Amen WHOLE-4 FOR FAITH COMMUNITIES

Rewire Your Brain to Transform Your Body,
Mind, Relationships, and Soul.

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



Daniel G. Amen, MD
Creator of the Amen WHOLE-4 Program

TRANSFORM YOUR LIFE WITH
THE Amen WHOLE-4 PROGRAM

The Amen WHOLE-4 FOUNDATIONAL and MASTERY PROGRAMS are a groundbreaking wellness journey created by world-renowned psychiatrist and brain health expert Daniel G. Amen, MD. It's powered by neuroscience and anchored in Scripture to transform the four essential dimensions of life:



SPIRIT



BRAIN/BODY



MIND



SOCIAL

“Offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world but be transformed by the renewing of your mind.”

—Romans 12:1-2

FOUNDATIONAL SESSIONS SUMMARY

Abbreviations used: Sp= Spirit, B/B= Brain/Body, M= Mind, R= Relationships

SESSION 1:
Getting Healthy Is
Worship:

Daniel's Challenge
Sp: Be a Living Sacrifice
B/B: BRIGHT MINDS, Know Important Health #s
M: Intention, One Page Miracle
R: Get Better or Sick Together

SESSION 2:
It Can't Be This Simple

Eve's Choice
Sp: Neuroscience of the Lord's Prayer
B/B: BRIGHT MINDS, WHOLE-4 Food Rules
M: Fork in the Road
R: RELATING: Responsibility

SESSION 3:
Renew Your Mind

Paul's Transformation
Sp: Filter Thoughts through Phil. 4:8
B/B: Know Your Unique Brain Type
M: Kill the ANTs, Discipline Your Mind
R: Dealing with Detractors

SESSION 4:
From Negativity and Hurt
to Freedom

Joseph Forgives Brothers
Sp: REACH for Forgiveness
B/B: Negativity, Serotonin Solution
M: Positivity Bias Training
R: Notice What You Like about Others

SESSION 5:
Anchored in Hope

Jeremiah and The Lord's Plans
Sp: Hope
B/B: Neuroscience of Decision Making
M: Know Your Why, Understanding Motivation
R: Modeling Behavior

SESSION 6:
Make It Last

Wolves in Sheep's Clothing
Sp: Wolves, Sheep, and Sheepdogs and Habits
B/B: Lessons from 300,000 Brain Scans + Habits
M: The 1 Thing + Habits
R: Daily Relational Habits

MASTERY SESSIONS SUMMARY

Abbreviations used: Sp= Spirit, B/B= Brain/Body, M= Mind, R= Relationships

SESSION 1:
Advanced Blood Flow

The Good Samaritan
Sp: Singing/Music as Worship and Brain Benefits
B/B: Blood Flow, Cardiovascular Risks
M: Where You Look Determines How You Feel
R: Exercising Together

SESSION 2:
Younger on Purpose

Psalm 92 and Flourishing with Age
Sp: Core Values and Purpose
B/B: Alzheimer's/Dementia Prevention
M: Give Your Mind a Name
R: Volunteering

SESSION 3:
The Inflammation
Solution

Job's Suffering and Restoration
Sp: Not Conforming to Pattern of This World
B/B: Calming Inflammation/ Gut Health
M: The Rule of 12 and Cognitive Flexibility
R: RELATING: Special Time

SESSION 4:
Blessing or Cursing
Generations

Exodus 20:5 Sins of the Father
Sp: Generational Impact of Decision
B/B: Genetics: Know Your Risks
M: How Society Is Programming Your Mind
R: RELATING: Active Listening

SESSION 5:
Repairing Trauma

Ruth and Naomi
Sp: Moral Injuries, Pain to Purpose
B/B: Repairing Physical Trauma
M: EMDR (Eye Movement Desensitization and Reprocessing), Butterfly Hug.
R: RELATING: Empathy and Mirror Neurons

SESSION 6:
Detoxify Your Life

Jesus Cleansing the Temple
Sp: Eliminate Toxic Patterns
B/B: Eliminate Toxins
M: Eliminate Toxic Thoughts
R: Prune or Limit Toxic People

SESSION 7:
Calm My Brain

Elijah and the Broom Tree
Sp: Breathing with the Holy Spirit
B/B: Boost Mood and Calm Anxiety Naturally
M: Emotional Regulation and 18-40-60 Rule
R: What Ruins and Helps Relationships

SESSION 8:
Boost My Immunity

Daniel in the Lion's Den
Sp: Happiness Is a Moral Obligation
B/B: Strengthening Immunity
M: Total Sensory Limbic Healing
R: RELATING: Assertiveness

SESSION 9:
The Spark of Life

Sarah's Miracle
Sp: Regular Worship Attendance
B/B: Balancing Hormones
M: Gap vs the Gain Thinking
R: RELATING: Inquire into Bad Thoughts

SESSION 10:
Peak Energy

Running the Race
Sp: Kindness
B/B: Combating Diabetes and Obesity
M: Little Lies and Anchor Images
R: RELATING: Grace

SESSION 11:
Be Restored

God Rested and So Should You
Sp: Rest and Being Restored
B/B: Enhancing Sleep
M: Guided Imagery and Libraries of Experiences
R: Healthy Boundaries (Firm and Kind)

SESSION 12:
The Transformed Life

Peter and David: Redeemed, Restored, Renewed
Sp: Spiritual Celebrations
B/B: Brain Healthy Celebrations
M: Creating a Celebration Mindset
R: Celebrating Each Other