



# **THE Amen WHOLE-4**

## **FOR FAITH COMMUNITIES**

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

**6-SESSION FOUNDATIONAL & 12-SESSION MASTERY PROGRAMS**

## MISSION

*Through the power of faith and neuroplasticity, The Amen WHOLE-4 Programs equip faith communities to build healthier brains, bodies, and minds; foster better relationships; and deepen their connection with God.*

## VISION

*We envision a world where every house of worship becomes a sanctuary of holistic healing, fostering resilient brains, renewed minds, strong relationships, and deep spiritual connections that ripple into healthier families, communities, and nations. By blending science, scripture, and practical steps, participants will not only overcome personal struggles but also inspire a national brain health revolution, proving that true wellness is worship in action.*

## TRANSFORM YOUR LIFE WITH THE Amen WHOLE-4 PROGRAM

Introducing the Amen WHOLE-4 Foundational and Mastery Programs — a groundbreaking wellness journey created by world-renowned psychiatrist and brain health expert Daniel G. Amen, MD. Where scripture meets neuroscience to transform the four essential dimensions of life:



BRAIN/BODY



MIND



SOCIAL



SPIRITUAL

The 6-session Foundational Program and 12-session Mastery & Beyond Program are plug-and-play, whole-person experiences designed for faith communities, businesses, counseling practices, and families — anchored in Romans 12:1–2 and powered by the science of neuroplasticity.

## WHY WE NEED THE Amen WHOLE-4

### AMERICA IS IN CRISIS.

We're more anxious, inflamed, isolated, and spiritually adrift than ever. Mental illness, obesity, dementia, depression, and addiction are ravaging families and churches alike.

We don't have multiple problems—we have one epidemic showing up in different ways.

The good news? Healing is possible. Especially when people heal together, in faith-based community, with tools that work—starting with the brain.



## THE Amen WHOLE-4 PROGRAM OUTLINE

### 6-SESSION FOUNDATIONAL PROGRAM: THE WHOLE-4 MODEL

Quick wins, new awareness, and the start of transformation.

**Session 1:** Getting Healthy Is Worship: WHOLE-4 Crisis/Solutions

**Session 2:** It Can't Be This Simple: The 2 Most Powerful Questions: Is this good for my brain or bad for it? Do I love food that loves me back?

**Session 3:** Renew Your Mind

**Session 4:** From Negativity and Hurt to Freedom

**Session 5:** Anchored in Hope

**Session 6:** Make It Last

### 12-SESSION MASTERY & BEYOND: THE WHOLE-4 LIFE PLAN

From knowing to living — lasting change, deeper healing, spiritual growth.

**Session 1:** Advanced Blood Flow: Lower Cardiovascular Risks

**Session 2:** Younger by Choice: Rewind Your Biological Clock

**Session 3:** The Inflammation Solution

**Session 4:** Blessing or Cursing Generations

**Session 5:** Brain and Memory Power Boost

**Session 6:** Detoxify Your Life

**Session 7:** Calm My Brain: Natural Ways to Boost Your Mood and Soothe Anxiety

**Session 8:** Boost My Immunity

**Session 9:** The Spark of Life

**Session 10:** Peak Energy

**Session 11:** Be Restored

**Session 12:** The Transformed Life: Brain Healthy Celebrations and Sharing

## WHY FAITH COMMUNITIES?

People change faster in small groups with clear tools and shared purpose—getting healthy is worship.

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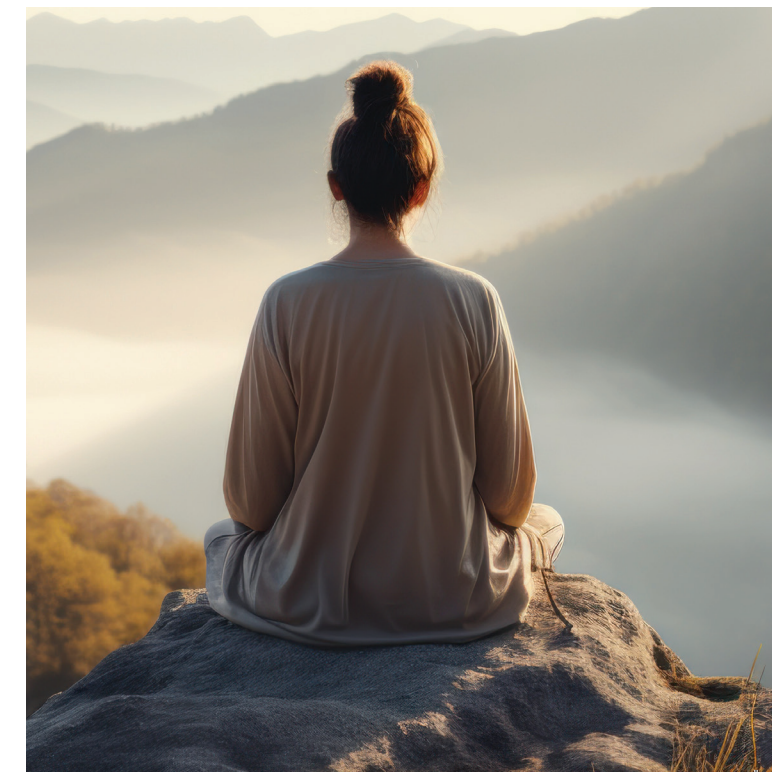
*Be transformed by the renewing of your mind.*

—ROMANS 12:2

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*Once debilitated by chronic pain, depression, and multiple medications, I followed the Amen WHOLE-4 program and reclaimed my life—ditching prescriptions, joining a triathlon team, and discovering deeper faith, friendships, and joy than I ever thought possible.*

—TESTIMONIAL FROM PATIENT



## WHAT'S INCLUDED IN THE Amen WHOLE-4?

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

### 6-SESSION FOUNDATIONAL PROGRAM:

- 1 Kickoff Sermon/Lecture + 5 Weekly Sessions (including slides, scripts, and videos)
- Leader's Guide & Small-Group Curriculum with practical exercises and group discussion prompts for greater connection and personal growth
- Participant 6-Sessions Study Guide, Journal & Daily Devotional
- 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

### 12-SESSION MASTERY PROGRAM

- 12 Weekly Sessions (including slides, scripts, and videos)
- Expanded Leader's Guide & Small-Group Curriculum with practical exercises and group discussion prompts for greater connection and personal growth
- Expanded Participant Study Guide, Journal & Daily Devotional for deeper soul-searching
- Follow-up Amen WHOLE-4 Brain Health Assessment
- Expanded Pocket Cards for easy reminders on the go
- Quarterly Follow-up Topics to keep the momentum going (such as overcoming trauma, chronic pain, depression, anxiety, ADHD, caregiving, and intimacy)

These plug-and-play whole-person programs for faith-based organizations, businesses, as well as counseling practices, are anchored in Romans 12:1-2 and powered by neuroplasticity.

## LIFE CHANGING BENEFITS OF THE Amen WHOLE-4 PROGRAM

Based on four decades of clinical practice and experience with brain health education group settings, people report the benefits of this program often include:

- Better energy
- Brighter moods
- Sharper focus
- Deeper sleep
- Weight loss
- Improved physical health
- Healthier relationships
- Stronger connection to God
- Greater sense of peace and calm
- Ability to reduce or eliminate medications

### The Amen WHOLE-4 is Best For

- Communities of worship
- Faith-based counseling centers, businesses, and schools
- Family ministries
- Organizations seeking a faith-and-science path to lasting change



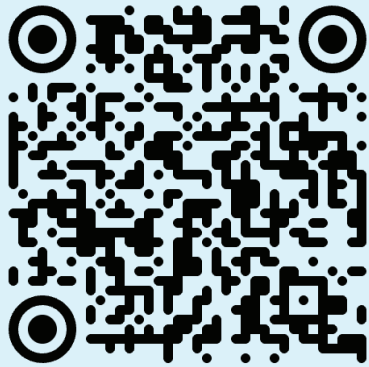
### DANIEL G. AMEN, MD

Creator of the Amen WHOLE-4 Program

Dr. Amen is a man of faith, former infantry medic, graduate of Oral Roberts School of Medicine, double board-certified psychiatrist, founder of Amen Clinics, and one of the world's most visible and passionate champions of brain health. In 2011, he co-created The Daniel Plan at Saddleback Church. In the first session alone 15,000 people joined, and over 12 months participants lost more than 250,000 pounds with improvements in energy, mood, sleep, blood pressure, and blood sugar. Amen Clinics has built the world's largest database of brain SPECT scans related to behavior with nearly 300,000 scans. He teaches that when your brain works right, you work right—and when it doesn't, life is much harder.



PEOPLE GET BETTER OR SICK TOGETHER!  
SPEAK THE CHANGE IN YOUR COMMUNITY NOW.



## BRING THE Amen WHOLE-4 TO YOUR CHURCH OR CLINIC!

Revolutionary new programs from *Amen University* that blend truth, science, faith, and practical tools to help communities heal minds, bodies, relationships, and souls.

Learn more and see if you qualify for a pre-launch discount.

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

—Dr. Amen

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