

## RON KARDASHIAN'S 30 Second Solution

*Foreword by* DANIEL AMEN, MD.

I write the forewords to very few books. I decided to do this one because this topic is so important and Ron delivers his message in a way that is easy to understand and apply. Forethought and focus are two of the most important ingredients of success in any endeavor you undertake from relationships to health to money--everything.

If you put into practice Ron Kardashian's 30-Second Solution it will help you develop new brain pathways that will enhance impulse control, focus, and forethought.

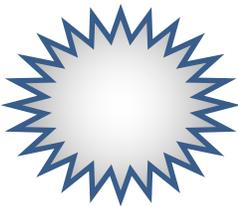
Your brain is involved in everything you do, including how you think, how you feel, how you act, and every decision you make. When your brain works right, you work right. When your brain is troubled, you are much more likely to have trouble in your life. I often say that your brain is like a computer that has both hardware and software. Optimizing the physical functioning of the brain increases your chances for success in all you. This means avoiding things that hurt the brain such as brain injuries, drug and excessive alcohol, poor diet, insomnia, lack of exercise; smoking, and negative thinking patterns; and engaging in regular brain healthy habits, such as exercise, great nutrition, omega-3 fatty acids, new learning, and good, consistent sleep. Once you optimize the physical functioning of the brain, it has to be properly programmed to get the most from it. Impulse control, focus, and forethought are indeed all brain functions, but your day-to-day behavior can enhance these skills and your success or they can diminish these skills and limit your success.

Your behavior is shaping your brain in positive and negative ways. Ron Kardashian's 30-Second Solution will help you put a brake on the brain to help you think before you act so you make significantly better decisions. It gives you a powerful mechanism to engage the most human, thoughtful part of the brain



known as the prefrontal cortex. The prefrontal cortex is the front third of the brain; and it is considered the brain's executive center because, like the boss at work, it is associated with forethought, judgment, impulse control, organization, planning, focus, empathy, and learning from mistakes. When the prefrontal cortex works right, people follow through on their goals, despite challenges and obstacles. When the prefrontal cortex is hurt or low in function, for whatever reason, such as having ADHD or sustaining a brain injury, these functions become compromised. When the prefrontal cortex works too hard, people tend to get stuck on negative thoughts or negative behaviors.

The exciting news, something that has motivated my life for the last twenty years, is that you can change your brain and change your life. You can literally enhance the actual physical functioning of the brain, including the prefrontal cortex. By reading Ron Kardashian's 30-Second Solution carefully and practicing the exercises in it, I am confident you will enhance your prefrontal cortex and develop better patterns that will enhance your life. Congratulations, you are about to embark on a very important journey to a better brain and a better life. It literally can take 30 seconds to ruin your life, with bad decisions, as you will see, but it can also take a very short period of time to help you keep on track.



To Your Brain Health,

Daniel Amen, MD  
Psychiatrist & Medical  
director of the Amen Clinics,  
“Daniel Plan.”

Bestselling author of New York Times- “Change your Brain, Change your Body” and the