

BRAIN HEALTH IS A CORE FOUNDATION OF HOPE



Hope begins in the brain. Every habit that strengthens your brain strengthens your ability to Shine Hope, and Hope protects against anxiety, depression, and hopelessness. The more you learn, the brighter you Shine.

That's why iFred has partnered with Amen University, founded by Dr. Daniel Amen, to help you understand, protect, and optimize your brain. We teach the "how-to" of Hope. Amen University teaches the daily practices that make it possible.

You have the power to change your brain and your life, one habit at a time. It's time to get Shining.

[Amen University Courses](#)



[Elite Brain Health Coaching for Coaches and Clinicians](#)



[Courses for Individuals](#)



AMEN UNIVERSITY OFFERS THE FOLLOWING ONLINE PROGRAMS FOR BRAIN HEALTH:

- [OVERCOME: Anxiety, Depression, Trauma, and Grief](#)
- [The Brain Warrior's Way](#)
- [Change Your Brain Master's Course](#)
- [30-Day Happiness Challenge](#)
- [Change Your Brain Every Day: 28-Day Quick Start Guide](#)
- [Change Your Brain, Change Your Pain 30-Day Course](#)
- [Brain Thrive by 25 Basic](#)
- [Brain Thrive Pre-K to Grade 1](#)
- [Happy Bundle](#)
- [Change Your Pain Bundle](#)

USE CODE HOPE15 FOR 15% OFF

(VALID JULY 1, 2026 - JULY 1, 2027)

Disclaimer:

iFred may earn a commission on the sales of programs purchased through these links. All proceeds go to support the International Day of Hope and the nonprofit.