



Media Kit

TanaAmen.com

Biography

Helping you turn your pain into purpose

Tana Amen, BSN, RN is a New York Times bestselling author, health and fitness expert, Vice-President of Amen Clinics—the world’s leader in brain health, mentor, motivational speaker, and former neurosurgical ICU trauma nurse. By providing science-based guidance along with her authentic, no-holds-barred approach, Tana has won the hearts of millions with her simple, yet effective, strategies to help people win the fight for a strong mind, body, and spirit. Her latest book, *The Relentless Courage of a Scared Child: How Persistence, Grit, and Faith Created a Reluctant Healer*, provides great inspiration and encouragement to others who have suffered through trauma. Tana holds a second-degree black belt in Kenpo Karate and a black belt in Tae Kwon Do. Above all else, Tana treasures her marriage to Dr. Daniel Amen, their children, grandchildren, and the meaningful time they spend together.



Digital Audience

WEBSITE

TanaAmen.com



40,000

Database

15,500

Average Monthly Unique Visitors

18,000

Average Monthly Visitors

43,000

Average Monthly Page Views

SOCIAL



Instagram

@TanaAmen



Facebook

@TanaAmenBSNRN



Twitter

@TanaAmen

**Total
Follower**

**Monthly
Impressions**

**Monthly
Interactions**

**Monthly
Visits**

48k

11k

38k

13k

60k

42k

20k

4k

6k

48k

1k

2k

Podcast & Media Appearances

Resulting in over 7,300,000 downloads and 640 episodes with more to come!

In 2017, Tana Amen, BSN, RN, a renowned health and fitness expert and New York Times bestselling author, started the popular Brain Warrior's Way Podcast with her husband, Dr. Daniel Amen. Together, they take a deep dive into the brain and neuroscience covering everything from love, happiness, and parenting to overcoming mental health conditions like anxiety, depression, and ADHD.



Tana Amen has been the featured guest on many high-profile podcasts as listed in the sampling below:

- Jay Shetty
- The Chalene Show with Chalene Johnson
- I've Got A Secret with Robin Mcgraw
- Bulletproof Radio with Dave Asprey
- Sex with Emily
- The Ultimate Health Podcast with Jesse Chappus
- Kwik Brain with Jim Kwik

Tana has been featured on many high-profile television shows including:



Keynotes, Presentations & Speeches

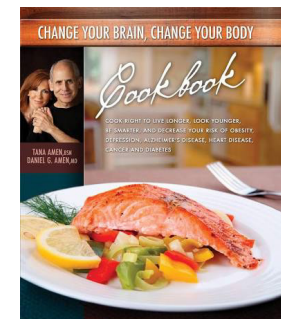
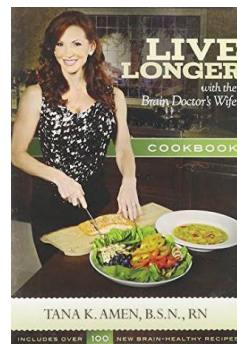
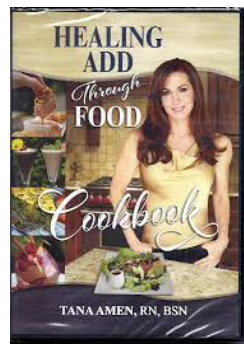
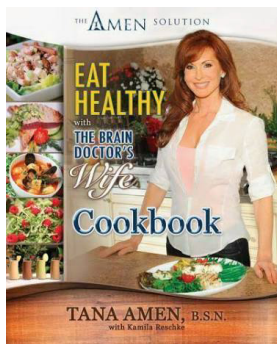
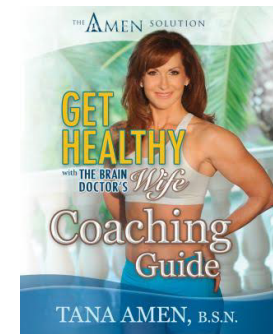
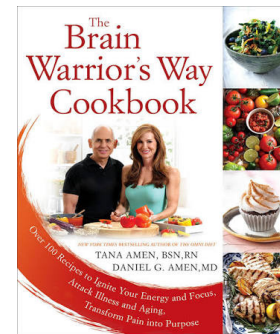
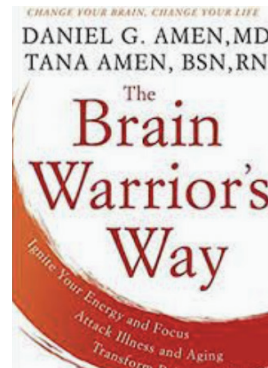
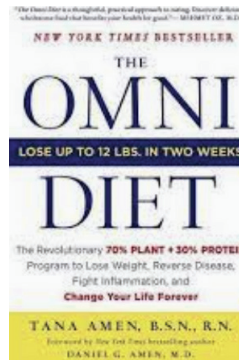
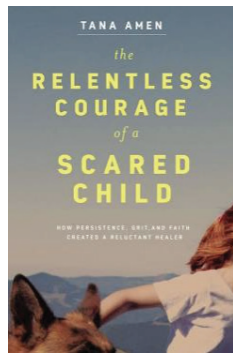
Tana Amen, BSN, RN has delivered numerous energetic, entertaining, and inspiring keynote presentations and talks for medical conferences, Fortune 500 companies, U.S. government agencies, health & wellness events, legal associations, religious organizations, and many others.

- The Salvation Army
- The American Academy of Anti-Aging Medicine (A4M)
- Saddleback Church
- Move for Minds with Maria Shriver
- Newport Beach Police Department



Books

Tana Amen, BSN, RN has authored 10 books and is a New York Times bestselling author. With her insight, experience, and science-backed knowledge, she has written on topics ranging from childhood trauma to brain health, along with numerous cookbooks for optimal energy, focus, and well-being.



Speaking Topics



Brain Healthy
Lifestyle



Relationships
& Boundaries



Overcoming
Trauma



Motivational



Family Health

Get in Touch



To learn more about Tana Amen, BSN, RN or to book her for a speaking engagement, TV appearance, interview, podcast, or other type of event or project, please contact her assistant:

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