

The Chemistry Of Joy A Three Step Program For Overcoming Depression Through Western Science And Eastern Wisdom

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The Chemistry of Joy is a true gem of understanding that offers a beacon of hope for those wanting alternatives to medication. Emmons combines several powerful modalities and distills them into clear and useful tools." -- Kathleen DesMaisons, Ph.D., author of Potatoes not Prozac and The Sugar Addict's Total Recovery Program

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The Chemistry of Joy: A Three-Step Program for Overcoming Depression Through Western Science and Eastern Wisdom. by. Henry Emmons, Rachel Kranz. 4.06 · Rating details · 650 ratings · 62 reviews. The classic book that New York Times bestselling author Dr. Larry Dossey called "a valuable guide for anyone wishing to find greater exuberance and fulfillment in their life," The Chemistry of Joy offers a unique blend of Western science and Eastern philosophy to show you how to treat ...

The Chemistry of Joy: A Three-Step Program for Overcoming ...

The Chemistry of Joy presents Dr. Emmons' natural approach to depression, combining the best of Western medicine and Eastern teaching to create your body's own biochemistry of joy. Dr. Emmons creates a practical program for each of the three types of depression: anxious depression, agitated depression, and sluggish depression.

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The Chemistry of Joy helps you to identify which type of depression you are experiencing and provides a specific diet and exercise plan to address it, as well as nutritional supplements and "psychology of mindfulness" exercises that can restore your body's natural balance and energy.

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The Chemistry of Joy Workbook is a marvelous tool that can help anyone accomplish this." —Larry Dossey, MD, author of The Power of Premonitions and Reinventing Medicine " The Chemistry of Joy Workbook gently, lovingly, and assuredly offers us the tools to reach the oasis of serenity we all seek, providing each of us with the opportunity to experience the best of what life has to offer."

The Chemistry of Joy Workbook: Overcoming Depression Using ...

" The Chemistry of Joy Workbook provides a wealth of practical information and advice for anyone who struggles with depression. Using readily available therapies and simple instructions, the expert authors offer a comprehensive self-care plan that addresses the causes of depression at the levels of body, mind, and spirit."

The Chemistry of Joy Workbook: Overcoming Depression Using ...

If your natural resilience has been consumed by stress or depression, you can reclaim it with the resilience-building program in The Chemistry of Joy Workbook. Through the questionnaires, exercises, and practices in this guide, you'll explore the nine pathways to restoring mood, regaining balance, and rediscovering your capacity for joy.

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The Chemistry of Joy was written by a group of helping professionals trained in various disciplines – from psychiatry to psychology to nutrition. Overall, the goal of this book is to provide the reader with a series of holistic interventions that are supported both by personal experience and scholarly research.

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" The Chemistry of Joy Workbook provides a wealth of practical information and advice for anyone who struggles with depression. Using readily available therapies and simple instructions, the expert authors offer a comprehensive self-care plan that addresses the causes of depression at the levels of body, mind, and spirit."

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