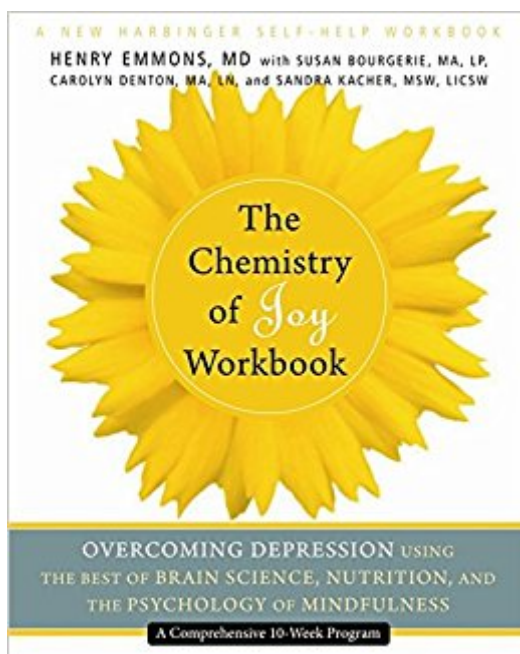


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# The Chemistry Of Joy Workbook: Overcoming Depression Using The Best Of Brain Science, Nutrition, And The Psychology Of Mindfulness (A New Harbinger Self-Help Workbook)



## Synopsis

Joy comes of its own accord when we are in our naturally healthy state. Every one of us has the capacity for joy, but many forces in our lives keep us from enjoying this contented and healthy state of being. When our resilience is depleted, we find it difficult to adapt to change, face challenges, and deal with the ups and downs life brings. 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<sup>™</sup>ll explore the nine pathways to restoring mood, regaining balance, and rediscovering your capacity for joy. This book will help you reclaim your joy by teaching you to balance your body with proper nutrition and principles from ayurvedic medicine, how to settle your mind with mindfulness practices, andÂ how to skillfully managing those "emotional tsunamis". In addition, you will learn to find the right medications and supplements, tap into the wisdom, generosity, and openness that lie within, and build your self-acceptance and connection with others. If you are ready to reclaim your life from stress, depression, or anxiety and find deep, proufound happiness, this book will be your guide.

## Book Information

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## Customer Reviews

â œDepressed? Anxious? Before you reach for a prescription, reach for *The Chemistry of Joy Workbook* and follow the instructions. This book is the answer and I highly recommend it!"

â "Christiane Northrup, MD, ob/gyn physician and author of the New York Times bestsellers *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause* â œWith extensive

questionnaires, case examples, and individualized solutions covering all bases, this user-friendly workbook provides scientifically based recommendations for helping you reconnect with the joy that is your birthright. Just read and apply it! • "Hyla Cass, MD, author of *Eight Weeks to Vibrant Health* • I have recommended Henry Emmons' *The Chemistry of Joy* to many people. In *The Chemistry of Joy Workbook*, he gives practical, actionable advice on boosting emotional resilience that is completely aligned with my own philosophy of integrative mental health. If you want to experience more positive moods, you will find this book most helpful. • "Andrew Weil, MD, author of *Spontaneous Happiness*, *Healthy Aging*, *Eight Weeks to Optimum Health*, and other books • This book offers a brilliant new analysis of depression as a breakdown of positive mental and physical factors, and then gives readers a powerful toolbox of methods for restoring these factors in mind, heart, and body. Grounded in science, eminently practical, focused on the positive, and full of heart, this is a great resource for feeling better and for increasing the inner strength and resilience that will prevent depressed moods in the first place. • "Rick Hanson, PhD, author of *Buddha's Brain* and *Just One Thing* • 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. • "James Lake, MD, chair of the International Network of Integrative Mental Health and author of the *Textbook of Integrative Mental Health Care* • Many great wisdom traditions tell us that joy and happiness are not conditions that have to be created anew, but are natural and innate in everyone. Our task is to remove the obstructions that prevent us from realizing the inherent delight of life. 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. • "David Perlmutter, MD, FACN, ABIHM, author of *Power Up Your Brain* • This is a workbook that actually works! It provides an excellent set of self-assessment tools that can help you better understand yourself and the causes of any psychological challenges you may be experiencing. It's practical and easy to understand, and it offers the opportunity for genuine insight. • "Phillip Moffitt, founder of the Life Balance Institute and author of *Emotional Chaos to Clarity* and *Dancing with Life* • This workbook is a true lifeline. Follow its clear, engaging, expertly designed steps and you'll experience healing and thriving like never before. • "Raphael Cushnir, author of *The One Thing Holding You Back*

Henry Emmons, MD, is a psychiatrist who integrates mind-body and natural therapies, mindfulness, and compassionate insight into his clinical work. He developed and runs the resilience training program, offered at the Penny George Institute for Health and Healing in Minneapolis, MN. He is author of *The Chemistry of Calm*. [www.partnersinresilience.com](http://www.partnersinresilience.com) Susan Bourgerie, MA, LP, is an experienced psychotherapist and cofounder of Loring Psychotherapy and Mindfulness Center in Minneapolis, MN. She is part of the team delivering the resilience training program offered at the Penny George Institute for Health and Healing. Carolyn Denton, MA, LN, Carolyn Denton, MA, LN, is an integrative nutritionist who focuses not only on general health and disease prevention, but also nutrition as a complementary therapy for chronic and degenerative diseases. She is a member of the integrative medicine team at the Penny George Institute for Health and Healing. Sandra Kacher, MSW, LICSW, has over twenty-five years of clinical experience and is cofounder of Loring Psychotherapy and Mindfulness Center. She is a founding team member of the resilience training program at the Penny George Institute for Health and Healing.

This workbook is amazing! When I ordered it I was fearful that the workbook would seem childish in nature but I was wrong. This workbook will have you digging deep down inside to try to conquer the issues that prevent you from enjoying life as much as you can/once did. I still reference this book from time to time when I'm feeling down so that I can remind myself of how far I've come. The quizzes are insightful and the format is easy to follow. I would recommend this to everyone and I would purchase this product again.

A really tedious book. I couldn't finish it and I usually like this type of book. Hard to use if you read on a Kindle.

I haven't had the time to get into the Workbook or the Book, but it is everything I had wanted and ordered.

My doctor recommended this book. Was sceptical at first, but started applying the information right away and I am feeling better.

For some reason this was very difficult for me to look through. The irony was there. I think it works better if you have happy memories to think back to or something

Practical science for health. Excellent tips to improve all dimensions of your health. Definitely a necessary tool for anyone struggling to get to the source of health issues.

Great with or without the actual book. Dr. Emmon's information is essential to living healthy and managing all types of depression.

It is very good but I need to continue to use the book. We had a very busy few weeks and did not follow through. I think the workbook would be essential to the program -not just the book alone.

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