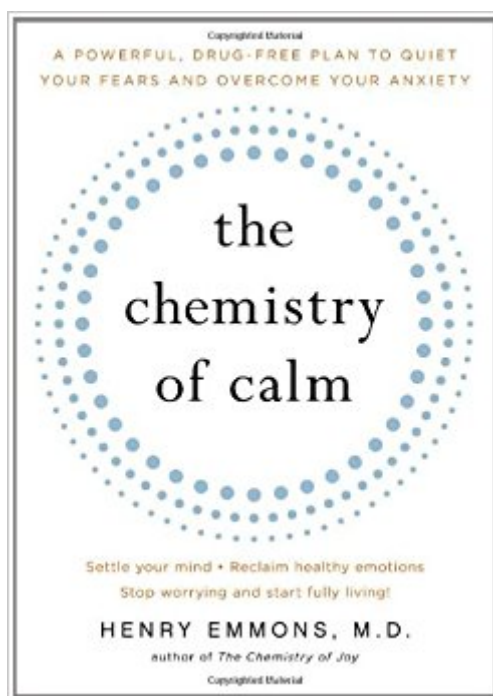


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# The Chemistry Of Calm: A Powerful, Drug-Free Plan To Quiet Your Fears And Overcome Your Anxiety



## Synopsis

Marrying Eastern techniques of meditation with traditional Western solutions of diet and exercise, celebrated psychiatrist Dr. Henry Emmons offers a proven plan to combat anxiety—without medication—that has helped tens of thousands gain inner peace and start enjoying life. The debilitating effects of anxiety can affect your sense of well-being, health, longevity, productivity, and relationships. In *The Chemistry of Calm*, Dr. Henry Emmons presents his Resilience Training Program—a groundbreaking regimen designed to relieve anxiety and restore physical and mental strength. This step-by-step plan for mental calmness and emotional wisdom focuses on ways to create resilience as a key to resolving anxiety in everyday life, incorporating the latest science on:

- Diet—you’ve got to eat good food to feel good
- Exercise—it’s proven: moving makes you less anxious
- Nutritional Supplements—boosting your natural anxiety resistance
- Mindfulness—including meditation techniques to calm your body and brain

Using this program, Dr. Emmons has helped countless patients reduce their anxiety and reclaim the resilience that is their birthright. Now, with *The Chemistry of Calm*, you can be anxiety free too!

## Book Information

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## Customer Reviews

Who doesn't need a Resilience Training Program? Psychiatrist Emmons (*The Chemistry of Joy*) rolls it out in eight-step body and mind, heart and soul detail for the worried, stressed-out, compulsive, and miserable minions suffering from depression and anxiety. It's a tall order, and

Emmons triggers more than a few anxious moments himself with a regimen of diet and supplements that seems more rocket science than common sense. Don't eat anything your great-great-grandmother wouldn't have recognized as food, he sagely counsels, quoting eat-food-not-too-much-mostly-plants guru Michael Pollan. The simple soon gets tricky: widen your horizons with spelt instead of wheat, goes one suggestion. Harder still is the mind-blowingly daunting list of supplements recommended to balance your brain chemistry. Where does one procure 5-HTP to boost serotonin levels? The good doctor is in much calmer territory with an elegant and lyrical guide to meditation and mindfulness. Not that being aware and awake to the present moment will be a walk in the park: following your breath takes more work than you'd think. But it could be worth the effort: Emmons reinforces a sweetly generous and drug-free way to tame the wild mind within. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

The proliferation of books addressing mental health issues is a perfect example of supply and demand: as levels of anxiety and depression have risen over recent decades, the publishing industry has at times seemed to take a "throw everything at the wall and see what sticks" approach. Many of these self-help books have a narrow focus—not so in this guide by Emmons, a practicing psychiatrist. Emmons' approach combines modalities previously seen as either/or approaches into one holistic treatment, tailored to address common concerns of anxiety sufferers. He avoids excessive didacticism and offers clear, easy-to-understand explanations focused on developing an understanding of anxiety in the service of making changes. Emmons doesn't deny the usefulness of prescription medication, but directs treatment toward supplements, nutrition, exercise, and meditation. Emmons has hit on something of value: a multimodal treatment that concisely explains the value of the various approaches, how those approaches are linked, and how to set the treatment into motion yourself. As a tool for putting anxiety sufferers back in control of their treatment, this book is highly recommended. --Matthew Tiffany

must read

Very helpful book on anxiety and how to attain a quiet mind for those with a mind is constantly in motion. Lots of information on herbal remedies along with helpful techniques.

Lots of useful information in this book. Very worthwhile purchase especially if you have anxiety issues.

Calm is my goal, and I have recommended this book to many

This should be required reading for health and education professionals!

Helpful

This book is a must read for those concerned about their brain health. It was delivered immediately through Kindle for me.

Yes, exceeded expectations

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