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The Chemistry of Joy

presents Dr. Emmons's

natural approach to

depression—supplemented with

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necessary—combining the best of Western medicine and Eastern teaching to create your body's own biochemistry of joy. Integrating Western brain chemistry, natural and Ayurvedic medicine, Buddhist psychology, and his own

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joyful heart techniques, Dr. Emmons creates a practical program for each of the three types of depression: anxious depression, agitated depression, and sluggish ...

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Three-Step Program for
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The classic book that New
York Times bestselling

author Dr. Larry Dossey

called "a valuable guide for
anyone wishing to find
greater exuberance and

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fulfillment in their life,"
The Chemistry of Joy offers
a unique blend of Western
science and Eastern
philosophy to show you how
to treat depression more
naturally and effectively,
and what you can do TODAY to

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presents Dr. Emmons's
natural approach to

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depression—supplemented with medication if necessary—combining the best of Western medicine and Eastern teaching to create your body's own biochemistry of joy. Integrating Western brain chemistry, natural and

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Ayurvedic medicine, Buddhist psychology, and his own joyful heart techniques, Dr. Emmons creates a practical program for each of the three types of depression: anxious depression, agitated depression, and sluggish ...

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natural approach to
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of joy. Integrating Western brain chemistry, natural and Ayurvedic medicine, Buddhist psychology, and his own joyful heart techniques, Dr. Emmons creates a practical program for each of the three types of depression:

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The Chemistry of Joy helps
you to identify which type
of depression you are

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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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This flexible approach
creates newfound joy for
those whose lives have been
touched by depression – and
pathways for all who seek to
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emotional lives.

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accomplish this." -Larry
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tools to reach the oasis of
serenity we all seek,
providing each of us with

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serenity we all seek,
providing each of us with
the opportunity to
experience the best of what
life has to offer."

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"Blending the wisdom of
traditional healing
approaches with the rigor of
scientific strategies, The
Chemistry of Joy Workbook is
filled with insightful ideas
and empowering practices

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Program For Overcoming
that will not only help to
heal the despair and
isolation of individuals
with depression, but will
serve as a guide to personal
growth and transformation at
the heart of living a life
of meaning, connection, and

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Something about our modern
way of life is making us
sick. The antidepressants of
old caused such painful and
disabling side effects that
the new sophisticated

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medications featuring fewer side effects seem to present an effortless solution to overcoming depression.

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The Chemistry of Joy was

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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

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holistic interventions that
are supported both by
personal experience and
scholarly research.

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The classic book that New York Times bestselling author Dr. Larry Dossey called "a valuable guide for everyone wishing to find greater exuberance and fulfillment in their life," The Chemistry of Joy offers

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a unique blend of Western
science and Eastern
philosophy to show you how
to treat depression more
naturally and effectively,
and what you can do TODAY to
create a happier, more
fulfilling life for

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strive to be completely
present. We believe, through
years of study, research,
and application that if you
be fully present to your
life as it is, you will find
that you have an all-access
pass to the joy that is

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designed to support these
efforts by releasing
chemicals into our brain and
body that make us feel good.

There are numerous
neurotransmitters, or
substances released by nerve
fibers, that affect

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happiness. Although there
are quite a few that make us
feel joyful, right now we'll
focus on two: serotonin and
dopamine.

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