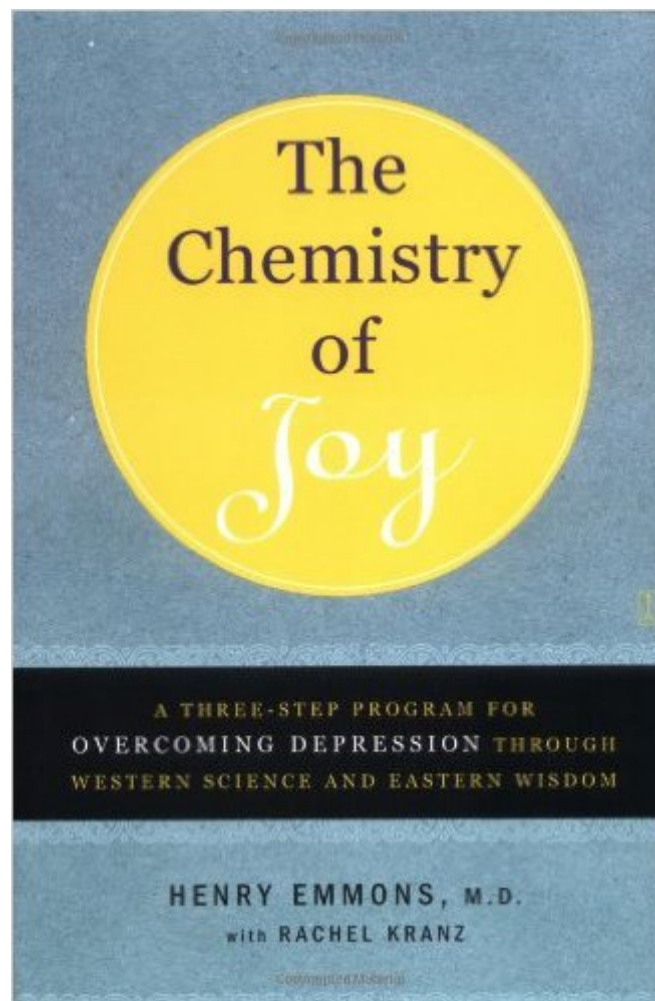


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The Chemistry Of Joy: A Three-Step Program For Overcoming Depression Through Western Science And Eastern Wisdom



Synopsis

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 depression more naturally and effectively, and what you can do TODAY to create a happier, more fulfilling life for yourself. The Chemistry of Joy presents Dr. Emmons's natural approach to 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 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 depression. 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. This flexible approach creates newfound joy for those whose lives have been touched by depression "and pathways for all who seek to actively improve their emotional lives.

Book Information

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Customer Reviews

At last! A doctor that differentiates between different types of depression...Most doctors rate depression according to its severity. They may state that you are experiencing a major depressive

episode or a mild depressive episode, or perhaps you have seasonal affective disorder (SAD). Dr Henry Emmons has a different approach. He classifies depression as follows: Anxious Depression Agitated Depression Sluggish Depression This is a potential break-through in diagnosis and the possibilities it offers for treatment. According to Emmons you may be a combination of the above three types but most likely show a preference to one type or another. More significantly, each type of depression is attributed to an excess or deficit of chemicals (neurotransmitters) in the brain. Many people will already know that low levels of serotonin, otherwise known as the happiness brain chemical, can lead to depression and disrupted sleep patterns. However Emmons suggests that dopamine and norepinephrine also have a role in depression. This is not entirely new, however the attribution of specific types of depressions and tailored treatment is new. Anxious Depression is characterised by low levels of serotonin and feelings of inadequacy and excessive worry, together with insomnia and potential carbohydrate cravings. Agitated Depression is said to result from an excess of dopamine and norepinephrine resulting in restlessness, anger, irritability and digestive problems. Sluggish Depression is characterised by increased sleep, withdrawal and passivity due to low levels of dopamine and norepinephrine.

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