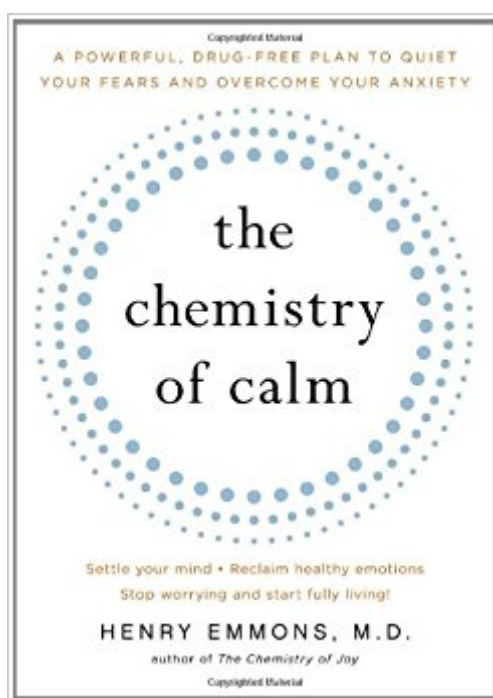


The book was found

# 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

Paperback: 288 pages

Publisher: Touchstone; Original ed. edition (October 5, 2010)

Language: English

ISBN-10: 1439129061

ISBN-13: 978-1439129067

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 40 customer reviews

Best Sellers Rank: #7,158 in Books (See Top 100 in Books) #8 in Books > Health, Fitness & Dieting > Alternative Medicine > Holistic #14 in Books > Religion & Spirituality > New Age & Spirituality > Spiritualism #16 in Books > Health, Fitness & Dieting > Mental Health > Mood Disorders

## 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

[Download to continue reading...](#)

The Chemistry of Calm: A Powerful, Drug-Free Plan to Quiet Your Fears and Overcome Your Anxiety  
Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly  
(BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways)  
Stage Fright and Performance Anxiety: An Essential Guide to Staying Calm and Focused Under Pressure  
- ( How to Overcome Stage Fright and Performance Anxiety ) The Calming Collection - Calm Mom, Calm Dad, Calm Child: Keeping Your Cool With Your Children, Your Family, and Everyone Else in Your Life  
Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers )  
Freeing Your Child from Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries, and Phobias  
and Be Prepared for Life--from Toddlers to Teens  
Shyness: How To Overcome Shyness and Social Anxiety: Own Your Mind, Confidence and Happiness (Personal Transformation, Confident, Shy, Overcome Fear, Low ... Gain Control, Boost Your Confidence Book 2)  
Creative Dreaming: Plan And Control Your Dreams to Develop Creativity, Overcome Fears, Solve Problems, and Create a Better Self  
NLP: The Beginners Essential NLP Guide: 7 Simple but Powerful Techniques to Change Your Mind, Overcome Anxiety, and Eliminate Crippling Self Doubt So You Can Achieve Your Full Potential in Life  
Anxiety: Rewire Your Brain to Overcome Anxiety, Stop Panic Attacks and Relieve Stress (Mindfulness Book 2)  
Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights  
Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt)  
The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions

Social Anxiety: Overcome Social Anxiety & Shyness Forever CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. Your First Year in Network Marketing: Overcome Your Fears, Experience Success, and Achieve Your Dreams! The Power of Positive Energy: Powerful Thinking, Powerful Life: 9 Powerful Ways for Self-Improvement, Increasing Self-Esteem, & Gaining Positive Energy, Motivation, Forgiveness, Happiness ... Happiness, Change Your Life Book 1) The Complete Guide to Triathlon Swimming And Training: Discover How To Quickly And Easily Swim Faster And More Efficiently, Overcome Your Fears, And Have Your Best Triathlon Yet Empath: How to Thrive in Life as a Highly Sensitive - Meditation Techniques to Clear Your Energy, Shield Your Body and Overcome Fears (Empath Series Book 2) C  mo vencer tus Miedos y tener Confianza en ti mismo [How to Overcome Your Fears and Have Confidence in Yourself]: El m  todo para tener Autoconfianza total [The Method for Full Self-Reliance]

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)