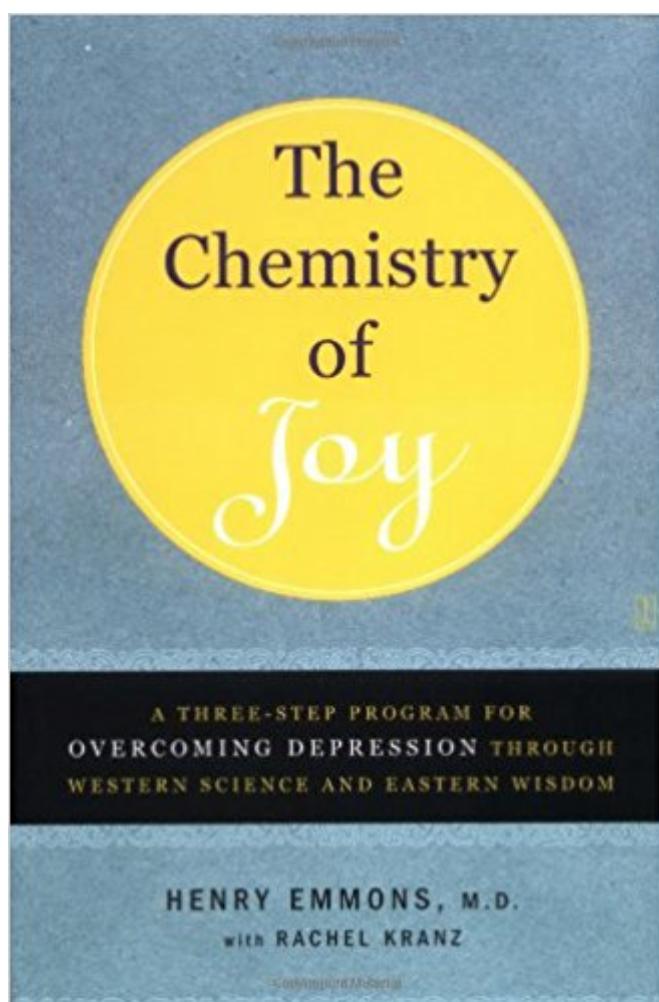


The book was found

# 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' 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 a 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**

Paperback: 290 pages

Publisher: Fireside (January 3, 2006)

Language: English

ISBN-10: 0743265076

ISBN-13: 978-0743265072

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars (See all reviews) (59 customer reviews)

Best Sellers Rank: #56,054 in Books (See Top 100 in Books) #66 in Books > Health, Fitness & Dieting > Alternative Medicine > Holistic #129 in Books > Religion & Spirituality > New Age & Spirituality > Spiritualism #213 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse

## **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 DepressionAgitated DepressionSluggish DepressionThis 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.

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

The Chemistry of Joy: A Three-Step Program for Overcoming Depression Through Western Science and Eastern Wisdom Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts) The Book of Massage: The Complete Step-by-Step Guide to Eastern and Western Technique The New Chinese Medicine Handbook: An Innovative Guide to Integrating Eastern Wisdom with Western Practice for Modern Healing The Hepatitis C Help Book: A Groundbreaking Treatment Program Combining Western and Eastern Medicine for Maximum Wellness and Healing Cruising the Southern and Western Caribbean: A Guide to the Ships & the Ports of Call (Cruising the Southern and Western Caribbean) (Cruising the Southern & Western Caribbean) Overcoming Depression One Step at a Time: The New Behavioral Activation Approach to Getting Your Life Back Break Through Pain: A Step-by-Step Mindfulness Meditation Program for Transforming Chronic and Acute Pain Overcoming Multiple Sclerosis: The evidence-based 7 step recovery program The Food and Cooking of Russia & Poland: Explore the rich and varied cuisine of Eastern Europe in more than 150 classic step-by-step recipes illustrated with over 740 photographs Step By Step To Your Own Domain And Webhosting: Tips and tricks for registering your own

domain name and connecting it with your webhosting provider (Step By Step Booklets Book 1) How to Build Floating Docks and Decks For Ponds Step by Step: Step by step guide with images and plans to build a floating dock pier and a farm pond deck. Woodworking: Woodworking Projects and Plans for Beginners: Step by Step to Start Your Own Woodworking Projects Today (WoodWorking, Woodworking Projects, Beginners, Step by Step) Million Dollar Ebay Business From Home - A Step By Step Guide: Million Dollar Ebay Business From Home - A Step By Step Guide HTML5 Step by Step (Step by Step Developer) Microsoft Visual C++/CLI Step by Step (Step by Step Developer) JavaScript Step by Step (Step by Step Developer) Step-by-Step Tiling Projects (Better Homes & Gardens: Step by Step) A Step-By-Step Learning Guide for Older Retarded Children (Step-By-Step Learning Guide Series; 2)

[Dmca](#)