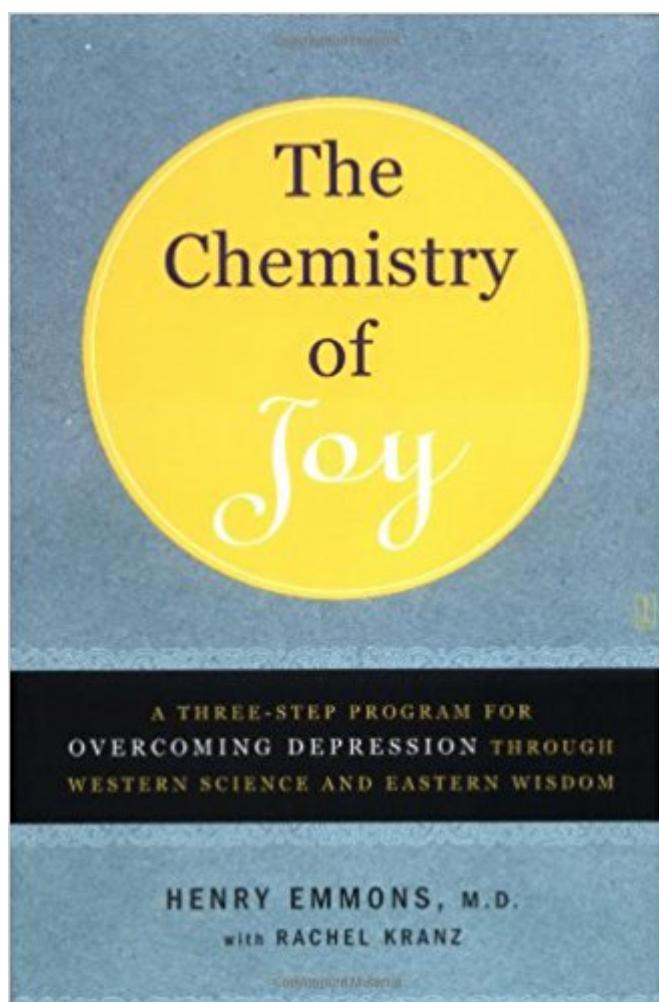


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The Chemistry Of Joy: A Three-Step Program For Overcoming Depression Through Western Science And Eastern Wisdom



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.

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Customer Reviews

Psychiatrist Emmons offers hope to sufferers of mild to severe depression in this well-articulated

approach to integrating therapeutic techniques from East and West. Identifying three main forms of depression—•anxious, agitated and sluggish—Emmons pinpoints three intellectual/physical/spiritual "types" these varieties of depression correspond with, and explains how the types mirror ones described in India's ayurvedic medicine and in Buddhist psychology. A student of Jon Kabat-Zinn (*Wherever You Go, There You Are*) and Deepak Chopra (*Perfect Health*), Emmons draws on their work in the fields of mindfulness meditation and mind-body medicine, respectively, to help readers find the most effective combination of diet, supplements, exercise and stress-relieving techniques. He provides personal stories to illustrate how brain chemistry and medication can alter behavior and mood and discusses how readers can evaluate their own need for medication. In later chapters, Emmons offers strategies for accessing inner strength and wisdom, once brain and body chemistry are balanced. While much has been written on complementary care for most conditions, readers battling depression will likely find Emmons's vision of healing informative and persuasive; others will find many practical ways to achieve a healthy lifestyle. (Jan. 3) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"The Chemistry of Joy is a valuable guide for anyone wishing to find greater exuberance and fulfillment in their life -- and who doesn't?" -- Larry Dossey, M.D., author of *The Extraordinary Healing Power of Ordinary Things*"The Chemistry of Joy is simply the best book I know on depression. And I do not speak lightly, having battled this disease myself. Henry Emmons is not only a skilled physician -- he has the heart of a healer. May you find, as I have, that in the midst of depression's deadly darkness, his words offer light and life." -- Parker J. Palmer, author of *A Hidden Wholeness, Let Your Life Speak*, and *The Courage to Teach*"What a joy it is to read Dr. Henry Emmons's book, *The Chemistry of Joy*. If you're ready to overcome the pain of depression and really feel great again, then this book is for you." -- Dharma Singh Khalsa, M.D., best-selling author of *Meditation as Medicine* and *The Better Memory Kit*"What a thoughtful and caring road map out of depression. *The Chemistry of Joy* is a true gem of understanding that offers a beacon of hope for those wanting alternatives to medication. Emmons combines several powerful modalities and distills them into clear and useful tools." -- Kathleen DesMaisons, Ph.D., author of *Potatoes not Prozac* and *The Sugar Addict's Total Recovery Program*

I can't help but feel like this book is a watered down version of "How Come They're Happy And I'm Not" by Dr. Peter Bongiorno, which is the book you should buy instead.I skimmed through enough

of the book to realize that this entire program is basically to follow a supposedly healthy diet that's not only unhealthy but has no research presented to back up the claims... high carb, low animal protein, low fat with exception of avocados and salmon, low salt, you know the deal. The best diet for depression is actually a low carb or ketogenic paleo diet; the claim that your brain needs sugar has already been debunked at least a few times and this author clearly isn't up to date on the research. There is also a lot of contradictory claims, like saying we need protein to function and then saying to follow a vegetarian diet, which is devoid of complete protein in usable form. The recommended action steps for all of the "three types" in each of the three sections are to follow some variation of a high carb diet, do some kind of exercise, practice sleep hygiene, and take uselessly low dosages of a few vitamins and supplements. Talk about redundant. The formatting of the book is also very irritating in the kindle version, with lists written in paragraph form and a lot of bold text.

Enjoyed the easy to read breakdown of neurotransmitter function and it's relationship to diet. Dr. Emmons keeps the subject matter light and approachable, however, I wouldn't recommend this book if you are in the midst of a depressive episode and on antidepressants (especially if you are an anxious type) as the author does outline a lot of negative effects of short and long term use of SSRIs. In some ways, this was a tough read for me as an anxious depressed type because I began to fear that I was really negatively altering my brain chemistry in a serious way by use of SSRIs. In reality, I have found a combination of SSRI therapy, psychotherapy, acupuncture, exercise AND following dietary guidelines supported by Dr. Emmons most useful in managing my anxiety/depression.

Before I read "The Chemistry of Joy" I was thinking "why is depression happening to me?", after I read it I realized "it's a wonder I did not get depressed before!". This book explains in simple language the roots of depression, as well as guidelines for natural prevention and treatment of it. Better yet, it provides a basic understanding of the ancient science of Ayurveda in relation to depression related issues, backing it up with modern science knowledge, which incredibly matches the secular eastern wisdom. Highly recommended for any one with depression, anxiety, OCD, and any other mental condition, or for those who simply want to add more balance to their lives (and their brains!). Congrats to the authors for the excellent job and great contribution for those in need!

This is a fantastic book. I consider myself fairly knowledgeable about natural healing, nutrition,

supplements, etc. (and an expert in SSRIs!) prior to reading this book, and I've definitely noticed improvements after implementing a number of Emmons' suggestions, particularly about supplements. He also does a great job of explaining why SSRIs eventually "wear off," which I never really understood before. Definitely worth reading.

Very helpful by combining the best of Eastern and Western medicine. It's an easy read and the plans are listed out in the appendix.

Was recommended this book by my physician. Excellent if your interested in the deep details of how the brain works, and non-conventional ways of thinking about how your brain ticks. I absolutely loved learning more about myself and my depression.

An absolute MUST read for anyone suffering from depression, anxiety or any mood disorder. Many people could eliminate the need for medications and feel better than ever by putting the advice in this book into action. Sometimes common sense, lifestyle approaches are all that is needed to cure the blues, alleviate stress and feel better. Lots of great information in this book! Loved it! Highly recommend!!

A perfect companion to The Chemistry of Calm. I love sharing this with family, friends and clients.

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