

Candace B. Pert, Ph.D.

—Featured in the Runaway Film Sensation—

What the BLEEP Do We Know!?

and author of

Everything You Need to Know to Feel Go(o)d

Molecules of Emotion

Foreword by Deepak Chopra, M.D.

THE SCIENCE
BEHIND MIND-BODY
MEDICINE

"Reading *Molecules of Emotion* filled me with molecules associated
with joy, inspiration, and hope."

—CHRISTINE NORMAN, M.D., author of *Mother-Daughter Wisdom*

Candace B. Pert

Molecules Of Emotion: The Science Behind Mind-Body Medicine



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Why do we feel the way we experience? By establishing the biomolecular basis for our feelings and explaining these new scientific advancements in a clear and accessible method, Pert empowers us to understand ourselves, our feelings, and the connection between our thoughts and our anatomies -- body-minds -- in ways we could never possibly have got imagined before. Molecules of Emotion is normally a landmark work, filled with insight and wisdom and possessing that uncommon power to change just how we see the globe and ourselves. In her groundbreaking book Molecules of Emotion, Candace Pert provides startling and decisive answers to these and various other challenging questions that scientists and philosophers possess pondered for years and years. Her pioneering analysis on how the chemicals inside our bodies form a dynamic details network, linking body and mind, is not only provocative, it is revolutionary. Just how do our thoughts and feelings affect our health and wellness? Are our bodies and minds distinct from one another or perform they function together as elements of an interconnected system?



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Extremely disappointed. I got nothing out of it. It had been an unfortunate wart on the what would normally be a solid 5 star review. Extremely disappointed. She must tighten up the message of each chapter and use more clear language. The book would have going onto the shelf, mostly unread... into the world of the competitive character of science and the globe of how the brain works. This is a wonderful autobiographical book that goes on a journey as she discovers the way the brain works. It's rather a bit specialized for the non nerd types, but if you may get at night scientific terminology to understand the underlying tale that the mind can and does hyperlink memories and feelings using chemical indicators that tell other parts of the mind and the body how exactly to respond when that memory is triggered. By understanding this it can potentially be feasible to reprogram the mind to disconnect negative emotions and feelings by turning off the cell from sending out those molecules any longer. It's a real shame, because there is obviously something important here to discuss. She sure doesn't should have it. at least that is how i am looking at the task she did. We have brilliant scientists playing junior senior high school video games concerning their egos, machismo and greed. It makes you think about the absurd politics that hinder serving the public good. Brave and brilliant book This book is amazing on a number of levels. Candace Pert was a hero who was simply much underrated in her accomplishments and services to humankind. And this book provides the missing link between mind and body. It was an excellent reference for my publication Stressing Out Over Pleasure published in 2016. If you want to seriously understand the industry of drugs, games and deception from an insider's perspective at the highest level, read Molecules of Emotion. Help your body to fight disease, go through Mrs Pert reserve! Dr Pert's first-hand account of why medical research is indeed biased and patriarchal is definitely fascinating to me and she paved the way for many of today's women researchers and healthcare professionals.? And in the couple of days it took me to read it cover to over, i was fascinated by the globe Dr. The publication, if all that additional information was taken out, will be a research paper, too thin to fill a reserve. A Groundbreaking Classic - A Must Read for Healthcare Practitioners I first go through this book in 1997 during my first 12 months of practice as a Clinical Nutritionist. Because the 1970s, the late Candace Pert has persisted in her vision of selecting molecular evidence for the functionality of our emotions, and our sexuality, and more generally for mindbody medicine, within the boundaries of modern science. Molecules of Emotion is not only an extraordinary scientific study, but it also includes much autobiographic content material. And it could probably miss its objective completely. It's this holistic and empathic strategy, and needless to include that it's an artistic approach as well, which makes this book therefore unique. And it implies that this scientist is actually a great human being. Pharmaceuticals are taking care of, the

actual understanding of our biochemical and psycho-neurological makeup a complete other concept. To provide an example, how she explains this rather complex matter in an exceedingly readable, comprehensive way, i want to put this quote:—If receptors are the first the different parts of the molecules of emotion, then ligands will be the second. In addition to measurable and observable feelings and claims, I also refer to an / range of other intangible, subjective experiences that are most likely unique to humans, such as spiritual motivation, awe, bliss, and various other states of consciousness that we all have experienced but that have been, until recently, physiologically explained. Ligand is the term used for just about any organic or manmade substance that binds selectively to its own particular receptor on the surface of a cell. I came across the primary concepts of the book very confusing, but I appreciated as a narrative and autobiography. Candace Pert do an excellent job of displaying us not only how she determined things that were as yet undiscovered regarding the mind mood and brain immune-system connections and the mu receptor which is the one now associated with discomfort and opiate pain medicines. For a few books, that would have already been it. /24 Candace Pert's project was since its humble beginnings in the 1970s very daring, as as yet mainstream psychology treats emotions as 'floating parameters' that are hard to understand by our reigning mechanistic research paradigm. However in her own terms, her eyesight even went beyond. She didn't just want to achieve her personal research study, but wanted to help bring concerning this huge paradigm change to many scientists who are currently working on it. And she wished this paradigm shift to increase also into medical research, so that the psychosomatic unity of body and mind are recognized in medicine. Re-Fund Request I want a refund I idea I was purchasing the book. And here's how she explains emotions under the particular angle of her analysis:—When I use the word emotion, I am speaking in the broadest of conditions, to include not only the familiar human encounters of anger, fear, and sadness, as well as pleasure, contentment, and courage, but also basic sensations such as pleasure and pain, and also the 'drive states' studied by the experimental psychologists, such as hunger and thirst. The word ligand comes from the Latin ligare, 'that which binds', posting its origin with the word religion. /131-132 To summarize, this highly readable book from an incredible scientist may scramble you up a bit, but this is a good thing to occur. arrghhh. She has received the hearts of many people and through touching their hearts she's been able to put new seeds within their minds. Candace did the groundwork in scientific study of the effect of neurotransmitters and endorphins beginning in the mid 70's which is certainly her personal and professional tale. Many of the reviews upon this web page complained that it had been more of a memoir when compared to a text. And they are right, it really is - but it is not a thing that merits complaint. Rather, i think Candace Pert does an excellent job of displaying her

personal trip, and the path along the way. In case you are a wellness or wellness professional and you can't understand the essential science in this book than you really should go back to school and stop trying to make cash "helping" others. I really do not need a kindle. Pert does a wonderful job of picturing all aspects of her journey. I found them rather distracting, making it somewhat harder to learn. I bought the book for the science not really for her bibliography. Though a key fitting into a lock may be the standard image, a far more dynamic description of the process might be two voices—ligand and receptor—striking the same note and creating a vibration that bands a doorbell to open up the doorway to the cell. a fascinating dual journey. However, this book was good enough that I could appear beyond the editing errors.' I found her presence markedly impressive and right away ordered her book. Just a poor book.i love the picture she portrays of science - specifically the National Institutes of Health. It displays the atmosphere in a national-lab placing and portray it and the publish-or-perish scientific world in a less than flattering picture of the peer review system. Against this backdrop we have many 'NeuroPeptide' or lifestyle sciences discoveries. where is all this leading, I don't have the foresight to predict. But that is the beauty of science, and Dr. Nearly all of these would and really should have been caught by a good editor. The best book of 2015 The best book of 2015. A delightful tour by a pioneer in the field I simply got done reading Molecules of Emotion and We loved it. The reality are undeniable yet our capability to utilize her useful information still remain untapped in lots of respects. Actually Pert, together with the excellent animations in the Bleep movie, made transparent how human sexuality works, and that it's not really a mechanical abstract function, that it is not really, an instinct or 'drive' as Sigmund Freud called it, but a direct outflow from our emotional predilections. Great publication for anybody studying natural cures, holistic health, energy function, psychology; the applications are limitless. And it is about SCIENCE. Candice Pert explains science in a very easy method. I loved the bond between emotions and the immune system. Additionally it is interesting to learn how politics affect research, something that I had suspected but it verified it. The conversation between cells is amazing and magical. A must read for anyone. AN EXTRAORDINARY Research Account I came to know about Candace B.. But I also found her explanations complicated. this was poor.Pert builds. The description is misleading The book was about her and her stuggles. Yes, I really do believe that there are molecules in feelings. misleading/bad It had been more about her struggles. The book is not a dry research record, however in the contrary reads as an adventure novel—the novel of a daring girl who has achieved very much in her life.. I've a master's in mathematics, and have read hundreds of books, therefore believe I am pretty much educated. I hope she donates the revenue gained from the book for some worthwhile charity.. Candace

Pert has the courage to reveal many details from her existence as a lady scientist. The ligand bumping on can be what we contact the binding, and in the process, the ligand transfers a note via its molecular properties to the receptor. We know now that that is foundational research that anyone employed in medicine, psychology, feeling balance, addictions, health, nursing and additional wellness fields should examine and understand. I've heard some complain it's too technical plus some complain that Dr Pert wrote too much about her own encounters. i would have rated it with five superstars, but unfortunately, the publication has a lot of typos. Pert through the mind-boggling film 'What the Bleep Do WE REALIZE! It was a good surprise since most nonfiction I read could be dry. Her own tale of a transition from hard science to holistic technology is fascinating. This scientist provides clear and console explanation of neurobiochemistry and the intertwining of the body and mind in physical healing and emotional health. You are what you feel. Amazing book about the blossoming field of psychoneuroimmunology. The writer not merely presents the sound research but she knows how to tell a story while doing it. Melding science and spirit. In the event that you know, as I really do, the important part your mind and spirit together play in health and wellness, this book gives you the data. A fresh way to see the body I loved the book. Couldn't put it down! Compiled by an amazing girl, it is an important addition to every library. It really is known from the Bleep movie how brilliantly Pert explained her study, how she can convey complex issues in a simple comprehensive way. i think it is hard to believe that as traditional a book as this one would have therefore many grammar and spelling errors. Highly recommend Excellent book As a NIH scientist I loved the book As a NIH scientist I loved the book, but it had not been really as presented. The ligand bumps onto the receptor and slips off, bumps back again on, slips cool off again. The description is misleading..



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