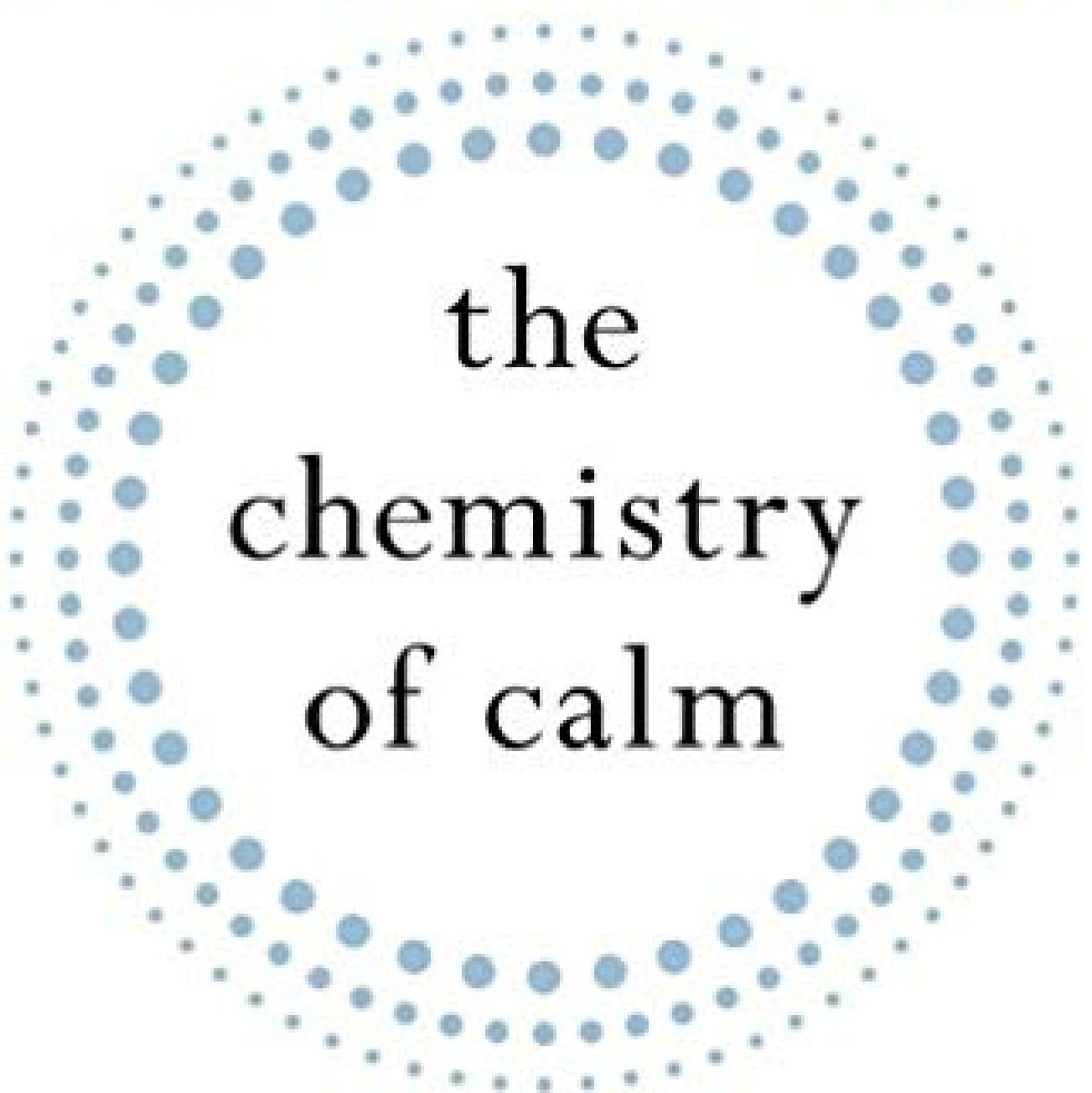


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A POWERFUL, DRUG-FREE PLAN TO QUIET
YOUR FEARS AND OVERCOME YOUR ANXIETY



the
chemistry
of calm

Settle your mind • Reclaim healthy emotions
Stop worrying and start fully living!

HENRY EMMONS, M.D.

*author of *The Chemistry of Joy**

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Henry Emmons MD

The Chemistry of Calm: A Powerful, Drug-Free Plan to Quiet Your Fears
and Overcome Your Anxiety



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Marrying Eastern methods of meditation with traditional Western solutions of diet and exercise, celebrated psychiatrist Dr. Henry Emmons gives a proven intend to combat anxiety—without medication—that has helped thousands gain internal peace and begin enjoying life. The debilitating effects of anxiety can affect your sense of well-getting, health, longevity, productivity, and relationships.ve got to eat good food to feel good -Exercise—including meditation ways to calm your body and brain Using this program, Dr. Emmons provides helped countless sufferers reduce their panic and reclaim the resilience that is their birthright.boosting your natural anxiety resistance -Mindfulness—you' In The Chemistry of Calm, Dr.it's proven: moving makes you less anxious -Nutritional Health supplements— This step-by-step plan for mental calmness and psychological wisdom focuses on ways to produce resilience as a key to resolving anxiety in everyday lifestyle, incorporating the latest science on: -Diet— Henry Emmons presents his Resilience Schooling Plan—a groundbreaking program designed to relieve anxiety and restore physical and mental strength. Today, with The Chemistry of Calm, you could be anxiety free too!



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must read even though you dont have anxiety, the author's information on how food affects the brain chemistry is an eye-opener. helped me understand my human brain chemical substances and physiology of the mind. I stopped eating sugar after reading this book! A Big Aid for a Quiet Mind Very helpful book in anxiety and how exactly to attain a quiet mind for all those with a mind is constantly in motion. Info if used I really believe could change your daily life for the better. nasty sticky nasty sticky Very informative little book Lots of useful details in this book. Recommend for those with stress and anxiety. The prevent it drop it phrase provides helped me with ruminating negative thoughts. Good so far Although flicking through this publication it looked a little intimidating and demanding, it includes a number of different levels depending on your need. A little outdated There is some solid advice in the book, nevertheless the author makes frequent reference to SSRI's and serotonin generally that reveal how outdated some of his research is. Nevertheless, the bulk of the info it includes is normally valid, but also nothing at all new. Just a new way of organizing it for the reader. Good price... This is most likely the fourth copy of the book that I've purchased. Five Stars Amazing Four Stars helpfu. Highly Recommend! Plenty of information on herbal treatments along with helpful methods. This is most likely the fourth copy of this book that . Fast shipping The wife said it was a good book. Again highly recommend! I've been savoring all of the recommendations and the easy classifications for panic. I tend to mortgage it to my therapy clients and they decide it is something they want to own. Great health supplement information also included. Extremely worthwhile purchase particularly if you have anxiety issues.



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