Molecules Of Emotion

A fully illustrated, interactive guide explores the complicated, dense material of mysticism, philosophy, and quantum physics, boiling it down to easy to understand, practical advice. Movie tie-in. Reprint. 100,000 first printing. \$75,000 ad/promo.

Why do we feel the way we feel? How do our thoughts and emotions affect our health? Are our bodies and minds distinct from each other or do they function together as part of an interconnected system? In MOLECULES OF EMOTION, neuroscientist Candace Pert provides startling and decisive answers to these long-debated questions, establishing the biomolecular basis for our emotions and explaining these new scientific developments in a clear and accessible way. Her pioneering research on how the chemicals inside us form a dynamic information network, linking mind and body, is not only provocative, it is revolutionary. In her groundbreaking book, Candace Pert offers a new scientific understanding of the power of our minds and our feelings to affect our health and well-being.

"This book will reveal how a full understanding of the ego's essence will further your emotional and spiritual evolution and strengthen your intent to make the ego you ally. "With nine chapters, exercises, reviews, appendices, and an index, this well-written, concise, informative book offers valuable information for both lay persons and therapists regarding the strengths and weaknesses of the ego and how to grow into healthier human beings. Chapters include: dismantling the myth of the bad ego, how the ego develops, the ten stages of ego growth, defense mechanisms, and the growth spiral. Other chapters explore emotions, obstacles to growth including the shadow self, spirituality, and the relationship between science and spirituality. Written in an easy-to-follow manner, including stories of individuals with their own processes, the book offers a self-help guide to healing. "The author is a licensed psychologist who has training in Shamanism, adding to the research validity and personal connection of the mind/body/spirit outlook. "This is a practical guide for lay persons wanting an introduction on how to grow beyond the ego of narcissism into the ego of transcendence. Psychotherapists would also find this book beneficial in their work with clients (as well as for exploring their own ego issues). It includes valuable scientific research and excellent, in-depth exercises to help readers explore ways to develop their egos into higher, spiritual states. For in order to let go of the ego into higher levels of compassion and love, one must have a healthy ego as the basis for grounding in reality. All chapters are informative, but the chapter on the ten stages of ego development is especially valuable. The final two chapters on exploring higher states of being, including self-actualization, must be read by those wanting to live exemplary lives. While the book doesn't replace therapy or a spiritual focus, it will be an excellent adjunct to the processes." The US Review of Books Reviewed by Carol Anderson, D. Min., ACSW

Why do we feel the way we feel? How do our thoughts and emotions affect our health? Are our bodies and minds distinct from each other or do they function together as parts of an interconnected system? In her groundbreaking book Molecules of Emotion, Candace Pert provides startling and decisive answers to these and other challenging questions that scientists and philosophers have pondered for centuries. Her pioneering research on how the chemicals inside our bodies form a dynamic information network, linking mind and body, is not only provocative,

it is revolutionary. By establishing the biomolecular basis for our emotions and explaining these new scientific developments in a clear and accessible way, Pert empowers us to understand ourselves, our feelings, and the connection between our minds and our bodies -- body-minds -- in ways we could never possibly have imagined before. Molecules of Emotion is a landmark work, full of insight and wisdom and possessing that rare power to change the way we see the world and ourselves.

Molecules Of EmotionWhy You Feel The Way You FeelSimon and Schuster

Everything You Need to Know to Feel Go(o)d is Candace Pert's response to the questions she's been asked in her worldwide travels ever since the publication of her book Molecules of Emotion, and her appearance in the film What the Bleep Do We Know?! She discovered that, at the end of the day, all people really want to know is how to feel good. Within these pages, Dr. Pert shares the answers she's found, both in the biomedical laboratory of mainstream science and in the laboratory of her own evolving life. Her amazing journey documents how mind, body, and spirit cannot be separated; and that we're hard-wired for bliss, which is both physical and divine. Feeling good and feeling God, she believes, are one and the same. From beginning to end, this book takes us on an entertaining romp through the many bodymind avenues, separating the woo-woo from real science and pointing the way toward using new paradigm therapies, detoxing our food and environment, forgiving and healing our relationships, understanding depression, staying young, and creating the reality we want to experience. Consciousness, mind, emotions, and God are all factored into the mix, resulting in a lot of beneficial advice and self-development insights that will empower us toward health, well-being, and feeling . . . Go(o)d. 'Waking the Warrior Goddess' sums up with Dr. Horner's program for reclaiming health and defeating breast cancer. Each step is presented as a new strategy to implement into one's daily life. The program focuses on those nutrients and activities that bring health, vitality, and longevity to women. An extensive resources section lists contacts for obtaining various nutrients and toxin-free products to keep your Warrior Goddess strong and healthy.

In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if not at times crackpot!), original and musing book reviews of "Molecules of Emotion: Why You Feel the Way You Feel." Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in the next five minutes. 3. You've heard it all. This book is for both practitioners and lay people, alike. That is anyone who currently occupies a body and wants to be healthy and whole. The time has come to create a new philosophy that focuses on a more holistic approach to healthcare—one that is built on the concept that the body-mind-spirit is one thing—fully connected. We must shift our focus from treatment to prevention in a way that puts all of us back in the driver's seat of our own health and well-being. This shift will only happen when we clearly understand how to use our thoughts, emotions, and beliefs as tools to help create health and wellness. All 60,000 thoughts we have in a day create something...either moving us towards health and wholeness, or not. We must broaden the scope of Western medicine to incorporate this concept into how we provide and participate in healthcare. Until we are willing to step outside the traditional medical box to understand and incorporate this phenomenon of the connection of body-mind-spirit, we are going to continue to struggle in our healthcare.

There's a fresh take on an old standby, the book of quotations. The difference with Wisdom for the Soul is in the selection and organization of the quotations. Each has been chosen for its universal application and poetic quality, grouped into one of 220 themes. While the usual subjects, are represented, the collection encompasses newer psychological territory such as Actualization, Avoidance/Denial, Chaos/Uncertainty, Polarity, Synergy, Unconscious, and more. Although the primary aim of the collection is self-help for the individual, with extensive cross-references to factors that foster or deter growth and well-being, the material will appeal to the quotation collector, speech-writer, and the general reader.

Explains the science behind the brain's opiate receptors and other evidence of the intimate connections between mind and body, and their meaning for the future of Western medicine
Here's the simple truth about Hashimoto's: It's way more than a thyroid problem. And even though it's an autoimmune disease, it's also way more than an immune system problem. Over time, it
progressively becomes a body-wide disorder. Most people are familiar with the common hypothyroid symptoms of fatigue, brain fog, weight gain, sensitivity to cold, hair loss, and constipation. But what many
people don't seem to understand is that many Hashimoto's patients also have anxiety and depression, acid reflux, blood sugar imbalances like hypoglycemia and insulin resistance, intestinal permeability,
anemia, food intolerances, and much more. This is not coincidence. It is all caused by repeated patterns of one system of the body breaking down and bringing other systems down with it. This causes vicious
cycles that lead to the breakdown of the gut, the brain, the adrenals, the stomach, the gall bladder, the liver and every other major organ in the body. How to Heal Hashimoto's offers a practical, easy-tofollow approach that treats the whole body, by figuring out what is breaking down and then developing a plan for fixing it. Using an autoimmune diet, lifestyle changes like meditation and qi gong, and other
natural interventions, Marc Ryan shows you how to transform these vicious cycles into positive healing momentum —thereby allowing the body to return to balance. Get ready to take charge of your health and
reclaim your life!

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Traditional Chinese edition of The Honeymoon Effect: The Science of Creating Heaven on Earth