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The Chemistry of Joy Workbook: Overcoming Depression Using the Best of Brain Science, Nutrition, and the Psychology of Mindfulness

By Henry Emmons

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, The Chemistry of Joy Workbook: Overcoming Depression Using the Best of Brain Science, Nutrition, and the Psychology of Mindfulness, Henry Emmons, The resilience training program in this workbook was developed by the authors at one of the foremost integrative medical centers in the country, the University of Minnesota Center for Spirituality and Healing. Based on principles first introduced in The Chemistry of Joy, The Chemistry of Joy Workbook blends integrative psychiatry, nutrition, fitness, meditation, guidance for mindful living, and the psychology of mindfulness to help readers overcome the three main forms of depression and balance their brain chemistry for greater motivation and happiness. This workbook reframes depression as a breakdown of the readers' natural resilient state and offers a comprehensive training program rebuilding resilience, connection with others, and joy. The program consists of ten stages, which can be completed in ten weeks. Questionnaires, exercises, and practices throughout help readers guide themselves through the program and stay motivated to change.



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Reviews

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