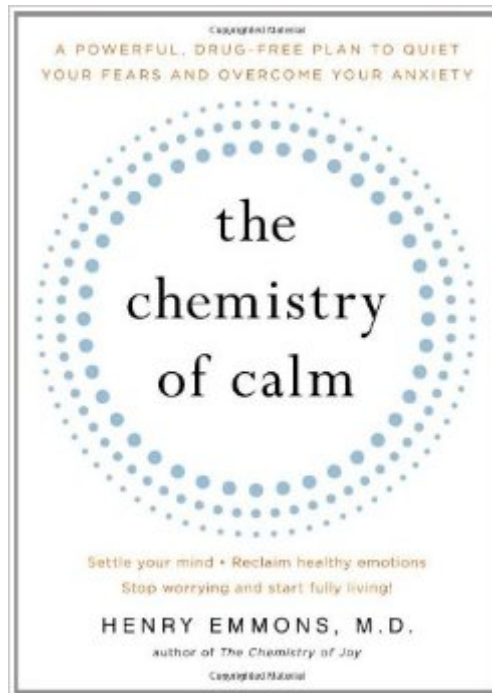


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# The Chemistry Of Calm: A Powerful, Drug-Free Plan To Quiet Your Fears And Overcome Your Anxiety



## Synopsis

Marrying Eastern techniques of meditation with traditional Western solutions of diet and exercise, celebrated psychiatrist Dr. Henry Emmons offers a proven plan to combat anxiety "without medication" that has helped tens of thousands gain inner peace and start enjoying life. The debilitating effects of anxiety can affect your sense of well-being, health, longevity, productivity, and relationships. In *The Chemistry of Calm*, Dr. Henry Emmons presents his Resilience Training Program "a groundbreaking regimen designed to relieve anxiety and restore physical and mental strength. This step-by-step plan for mental calmness and emotional wisdom focuses on ways to create resilience as a key to resolving anxiety in everyday life, incorporating the latest science on:

- Diet "you've got to eat good food to feel good
- Exercise "it's proven: moving makes you less anxious
- Nutritional Supplements "boosting your natural anxiety resistance
- Mindfulness "including meditation techniques to calm your body and brain

Using this program, Dr. Emmons has helped countless patients reduce their anxiety and reclaim the resilience that is their birthright. Now, with *The Chemistry of Calm*, you can be anxiety free too!

## Book Information

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## Customer Reviews

Henry Emmons presents a program to overcome anxiety. It is filled with common sense and advice to have specific tests done by a doctor, like vitamin D levels. It is reassuring that a 'help' book like this also presents some of the possible side effects of the supplements that he recommends. Emmons also admits that sometimes prescription drugs might be required and gives the reasons

against their continued usage. Much of his advice, again, is common sense; but sometimes, even if you know physical exercise is calming and good for you, it takes another person to say it to you. Patient examples are given, that can help you identify with the anxiety problems and levels. Even a history of anxiety and the diagnosis of calming is covered. There are 7 steps, some easier said than done; but that problem is also addressed by Emmons' easy going style, to keep trying and even do steps in a different order. There is much information about brain chemistry, even the effect of heredity on levels of anxiety. The information on supplements and diet is well done. Dealing with emotions- probably could have been done with more methods and detail, since that is a huge cause for anxiety and some might feel that part is given short shrift. Those who suffer from anxiety might want to give this book a read; even those family members surrounding anxiety sufferers would learn from much of the information in this book.

As one who endorsed this book, I will not repeat the words of high praise I wrote for it, which you can read by clicking on "Look Inside" and checking out the inside jacket flap. I simply want to help out the Publisher's Weekly reviewer who commented that some of Dr. Emmons' counsel is too tricky, asking, "Where does one procure 5-HTP to boost serotonin levels?" The answer can be found on this very page! Just put "5-HTP" in the search box above, set the search on "Health & Personal Care," and voila! At least, that's how I buy mine. But first, buy this book. It is a gold mine of wise and useable information, and I recommend it very highly.

I loved this book. Oh I eat well and occasionally take supplements. But the amazing part of this book for me was the way to reduce anxiety by getting out of your own head, out of your own way. Like that commercial where one person sees another person do something that is kind to another, then they do something kind...it is almost like we wake up, connect and feel the warm glow of being part of the whole. Kindness and compassion for others, and ourselves, that is the key to ending the self-ruminating which keep us disconnected and like walking zombies. Then like Igore we suddenly realize, "I'm ALIVE!!!"

A friend recommended this book to me when I was feeling completely overwhelmed in the midst of long-term highly stressful circumstances. My anxiety was so great that I found myself having difficulty breathing at times and it seemed that my mind was racing constantly. I began reading this book about the same time my doctor prescribed some anxiety meds for me. The information presented in this book about the cause and effects of stress on our bodies and the side effects of

commonly prescribed medications made sense and was presented from a medical perspective as well. After googling the side effects of the med I was prescribed, I made the decision to follow the advice of Dr. Emmon's in his book. I appreciated that the approach was natural and the goal to become resilient.

I purchased this book for my husband, who never reads a book! I started reading the first chapter and said to him: you have to read this! Surprisingly, he started reading and is now ahead of me! The book makes so much sense, and is therefore easy to understand. It is by far the best book I have picked up on this topic and I highly recommend it.

even if you dont have anxiety, the author's details of how food affects the brain chemistry is an eye-opener. I stopped eating sugar after reading this book! helped me understand my brain chemicals and physiology of the brain.

The author gave me specific ways to think about a fear of mine which helped me immediatly! I realized my mind was controlling my emotions about flying in an airplane and I needed to send new messages that would calm my emotions. It worked on the next flight I took! Simple strategies, but very helpful.

Information if used I believe could change your life for the better. Great supplement information also included. Highly recommend for those with anxiety. The stop it drop it phrase has helped me with ruminating negative thoughts. Again highly recommend!

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The Chemistry of Calm: A Powerful, Drug-Free Plan to Quiet Your Fears and Overcome Your Anxiety  
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Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways)  
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Anxiety: 15 Ways To Boost Your Confidence When Feeling Anxious: How To Build Your Confidence To Escape Anxiety (BONUS- 1hour Life Coaching Session. Overcome

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