



Wired for Joy

By Laurel Mellin

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Wired for Joy By Laurel Mellin

Can you imagine a world where drug companies throw bake sales to make ends meet? A world without all the jaw clenching, nail biting, and stress-induced melt downs? Eighty percent of health problems today are due to the downstream effects of stress, so learning to break free from stress could dramatically improve your mood, your relationships, your health—and your life. In *Wired for Joy*, researcher and *New York Times*-bestselling author Laurel Mellin presents a simple yet proven way to train your brain to move through stress and back to joy. Her method has been called the missing link in health care, as it focuses on rewiring the emotional brain—the caldron of our stress—rather than the thinking brain, which has been the focus of most other stress-busting methods.

Based on the cutting-edge science of neuroplasticity, Mellin outlines the five states of the emotional brain. For each state she presents a specific tool that easily and quickly switches the brain back to a state of well-being. Once you know how to make that switch, life becomes easier, and stress symptoms—depression, anxiety, overeating, high blood pressure—tend to fade. Finally, instead of focusing on the symptoms of stress, we can change the wiring that triggers it and experience new sense of freedom in our lives.

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Editorial Review

Review

*“So many authors today promise to bring joy to your life, help you lose weight, or inspire you to overcome addictions using a magical method that turns out to be completely inapplicable. But *Wired for Joy* is the real deal! With inspiring anecdotes about real people, clear language, and lovely diagrams, *Wired for Joy* delivers a technology—based on more than 30 years of research—that can lift us from the stressed-out state to the natural state of pure joy, where the need for the fixes of food, drink, drugs, and workaholism melt away. I am heartily recommending this book to everyone—this is the one book to read if you have no time to read!”*

— **Candace B. Pert, Ph.D.**, best-selling author of *Molecules of Emotion* and *Everything You Need to Know to Feel Good*

“A remarkable book by an internationally acknowledged expert in the field of stress management. Laurel Mellin’s method for rewiring the emotional brain is revolutionary . . . a practical approach for decreasing stress, enhancing health and happiness, and rediscovering joy! Highly recommended.”

— **John Foreyt, Ph.D.**, author of *The Xenical Advantage* and *The Living Heart Diet*; director of the Behavioral Medicine Research Center, Baylor College of Medicine

*“*Wired for Joy* offers a brain-based solution to stress and practical tools that are the missing link in health care.”*

— **John Gray, Ph.D.**, #1 *New York Times* best-selling author of *Men Are from Mars, Women Are from Venus*

“Chronic stress and anxiety are enormous problems for many people in our fast-paced and rapidly changing society. EBT offers a novel and compelling approach to gaining control over one’s life and thereby containing the physiological and psychological toll of chronic stress.”

— **Bruce S. McEwen, Ph.D.**, author of *The End of Stress as We Know It*; Alfred E. Mirsky professor; and head of the Harold and Margaret Milliken Hatch Laboratory of Neuroendocrinology, The Rockefeller University

“Laurel Mellin applies the principles of brain-plasticity science to help you grow and nourish your positive energies. Consider it a gift, from science to you.”

— **Michael Merzenich, Ph.D.**, neuroscientist and professor emeritus of physiology, University of California, San Francisco

About the Author

Laurel Mellin, author of the New York Times-bestseller *The Pathway*, is an associate clinical professor of family and community medicine and pediatrics at the University of California, San Francisco School of Medicine. She is the founder of emotional brain training (EBT) a method that focuses on alleviating stress to promote high-level well-being. Mellin has been involved in a variety of research and teaching roles and has received awards from the American Medical Association, the American Bariatric Society, and the U.S. Department of Consumer Education. Her research has been featured in *Fortune* magazine, *U.S. News & World Report*, and *Time* and has appeared on *Oprah*, *Good Morning America*, *Today*, and *The Early Show*.

Users Review

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Bettie Hentges:

The particular book *Wired for Joy* will bring you to the new experience of reading some sort of book. The author style to explain the idea is very unique. If you try to find new book to learn, this book very appropriate to you. The book *Wired for Joy* is much recommended to you to read. You can also get the e-book from the official web site, so you can quicker to read the book.

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