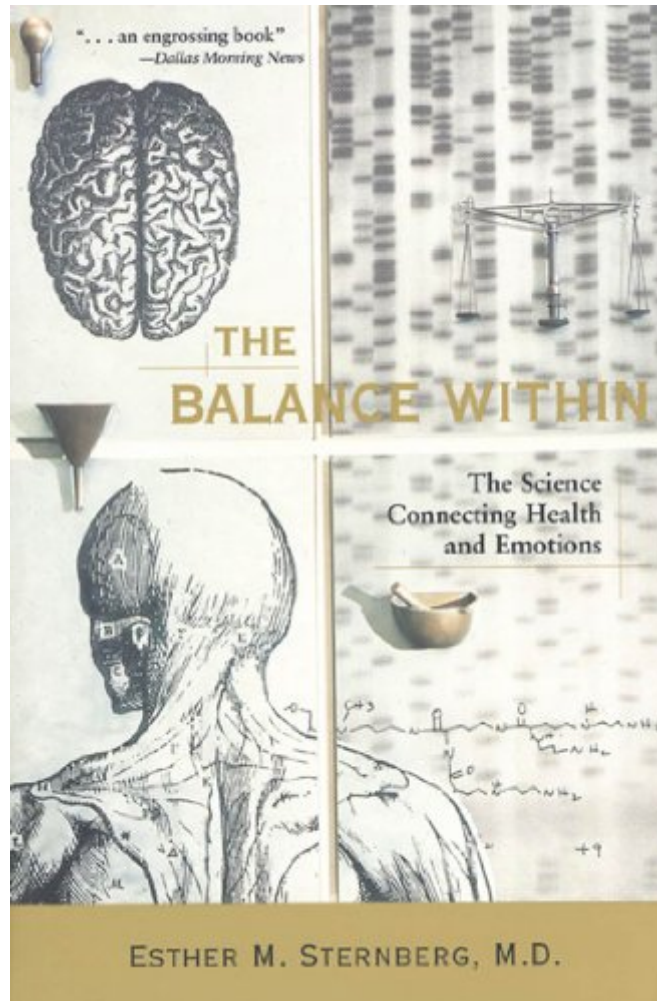


The book was found

The Balance Within: The Science Connecting Health And Emotions



Synopsis

Since ancient times humans have felt intuitively that emotions and health are linked, and recently there has been much popular speculation about this notion. But until now, without compelling evidence, it has been impossible to say for sure that such a connection really exists and especially how it works. Now, that evidence has been discovered. A thrilling scientific detective story, *The Balance Within* tells how researchers finally uncovered the elusive mind-body connection and what it means for our health. In this beautifully written book, Dr. Esther Sternberg, whose discoveries were pivotal in helping to solve this mystery, provides first hand accounts of the breakthrough experiments that revealed the physical mechanisms - the nerves, cells, and hormones - used by the brain and immune system to communicate with each other. She describes just how stress can make us more susceptible to all types of illnesses, and how the immune system can alter our moods. Finally, she explains how our understanding of these connections in scientific terms is helping to answer such crucial questions as "Does stress make you sick?" "Is a positive outlook the key to better health?" and "How do our personal relationships, work, and other aspects of our lives affect our health?" A fascinating, elegantly written portrait of this rapidly emerging field with enormous potential for finding new ways to treat disease and cope with stress, *The Balance Within* is essential reading for anyone interested in making their body and mind whole again.

Book Information

File Size: 1213 KB

Print Length: 272 pages

Publisher: Times Books (May 7, 2001)

Publication Date: May 7, 2001

Sold by:Â Digital Services LLC

Language: English

ASIN: B008KP36MG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #159,730 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4 inÂ Books > Science & Math > Biological Sciences > Paleontology > Vertebrate #18 inÂ Kindle Store > Kindle

Customer Reviews

Dr. Esther Sternberg from the outset tells us that she wrote this book "out of a question" that "seemed ostracized from the rest of the scientific community." Clearly, it seems that the information in "The Body Within" is a daring challenge to present new brain-immune connection information to the lay public, and is determined to not let it stagnate only among the doctoral elite. I found all 11 chapters fascinating and richly detailed, gloriously free of slanted opinions and filled with highly intelligent questions. All 250 pages inform, with its interesting anecdotes and illustrations, and my gratitude goes out to Dr. Sternberg for ensuring that some of us, even though we do not have a "Ph.D" attached to our name, are nonetheless able to grasp concepts as the workings of the brain, the immune system and the role of various hormones and neurotransmitters. As a result, I learned much about neurochemistry and neuroscience from Dr. Sternberg who helped me make irrefutable connections between foods, moods, hormones and neurotransmitters. This means that everything that is taken into the body, or not taken into the body (e.g., starvation diets, which are extremely dangerous), affects how people drive or just behave in general. So there is a definite link between drivers education and neuroscience, although not readily apparent to the layperson. "The Balance Within" is solidly founded in irrefutable facts "collected from rigorously performed experiments." It is a real treat to read about such things as Chapter 5, "It's a Two-Way Street: The Immune System Talks to the Brain and the Brain Talks Back" and Chapters 6 and 7, "When the Brain-Immune Communication Breaks Down" and "Can Stress Make you Sick?"

[Download to continue reading...](#)

The Balance Within: The Science Connecting Health and Emotions Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Emotional Intelligence: Develop Absolute Control Over Your Emotions and Your Life For Everlasting Success (Emotional Mastery, Fully Control Emotions) The Alchemy of Sexual Energy: Connecting to the Universe from Within Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut) Taming the Tiger Within: Meditations on Transforming Difficult Emotions ISO 1940-1:2003, Mechanical vibration -- Balance quality requirements for rotors in a constant (rigid) state -- Part 1: Specification and verification of balance tolerances Balance is Power: Improve Your Body's Balance

to Perform Better, Live Longer, and Look Younger ISO 1940-2:1997, Mechanical vibration - Balance quality requirements of rigid rotors - Part 2: Balance errors Balance (Off Balance Book 1) Discover the Power Within You: A Guide to the Unexplored Depths Within The Gut Balance Revolution: Complete Digestive Health Program for a Healthy and Clean Gut (Abdominal Health Book 6) The Acid-Alkaline Diet for Optimum Health: Restore Your Health by Creating pH Balance in Your Diet Mind/Body Health: The Effects of Attitudes, Emotions and Relationships (3rd Edition) Mind/Body Health: The Effects of Attitudes, Emotions, and Relationships (5th Edition) Mind/Body Health: The Effects of Attitudes, Emotions, and Relationships (4th Edition) Step By Step To Your Own Domain And Webhosting: Tips and tricks for registering your own domain name and connecting it with your webhosting provider (Step By Step Booklets Book 1) Resonant Leadership: Renewing Yourself and Connecting with Others Through Mindfulness, Hope, and Compassion Content Strategy: Connecting the dots between business, brand, and benefits How to Build a Computer: Learn How to Build Your Own Computer From Scratch. The Parts, Connecting Everything Together, Installation and more (PC, Windows, Gaming System, Media System, Linux)

[Dmca](#)