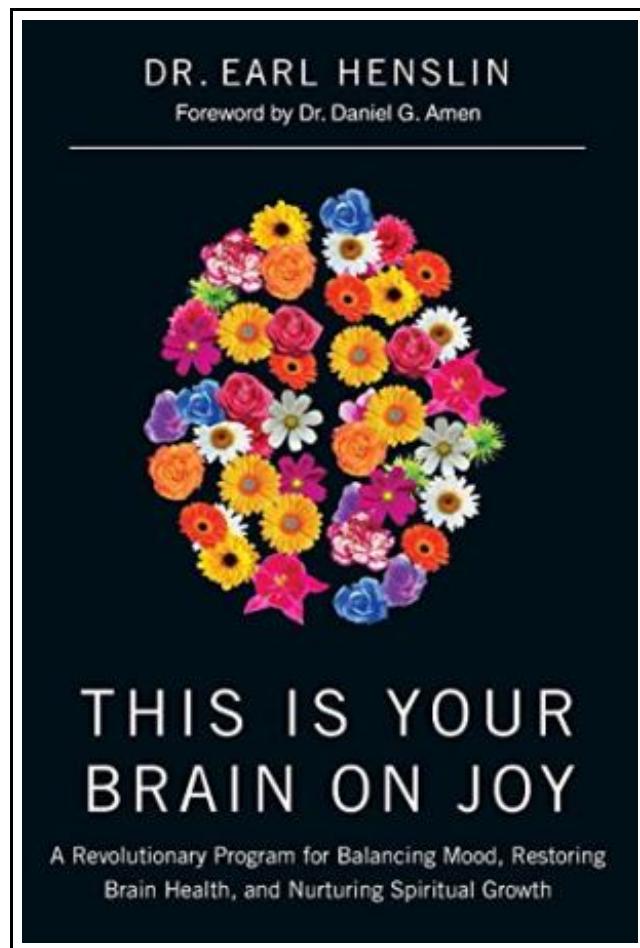


# This Is Your Brain on Joy: A Revolutionary Program for Balancing Mood, Restoring Brain Health, and Nurturing Spiritual Growth



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## Reviews

*A really wonderful book with lucid and perfect reasons. This can be for all who statte there was not a worth reading through. You are going to like how the author write this book.*  
*(Dr. Grady Jacobi DDS)*

## THIS IS YOUR BRAIN ON JOY: A REVOLUTIONARY PROGRAM FOR BALANCING MOOD, RESTORING BRAIN HEALTH, AND NURTURING SPIRITUAL GROWTH

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Thomas Nelson. Paperback. Book Condition: New. Paperback. 258 pages. Dimensions: 8.9in. x 5.9in. x 0.9in. This Is Your Brain on Joy is a thoughtful, practical, life-changing book that will help you take advantage of the latest neuroscience research combined with biblical insights to bring more joy and love into your life. From the Foreword by Daniel G. Amen, MD, Author and speaker for the PBS special Change Your Brain, Change Your Life. What does your brain have to do with experiencing joy? A lot more than most of us realize. In this breakthrough book, Dr. Earl Henslin reveals how the study of brain imaging turned his practice of psychotherapy upside down with remarkably positive results. He shares answers to puzzling questions, such as Why isn't my faith in God enough to erase my blue moods? Why haven't I been able to conquer my anger? Pray away my fear and worry? Why can't I find freedom from secret obsessions and addictions? Using the Brain System Checklist, Dr. Henslin explains what happens to the 5 Mood Centers in the brain when any of those areas are out of balance. This is great news, especially for those tortured by the fear that something is fundamentally wrong with them when the problem actually lies between their ears. Read this practical, easy-to-understand, and often entertaining book, and you'll know exactly how to nourish your mind, balance your brain, and help others do the same. After all, the capacity for joy is a terrible thing to waste. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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