

The Emotional Revolution: - Norman E. Rosenthal

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Feel Better...Live Better Scientific discoveries are unlocking the mysteries of our emotional lives. Every week brings us new information on the environmental, hormonal, genetic, and chemical factors that affect our feelings, and an ever-expanding repertoire of methods to manage specific emotional conditions. But how can we apply this cutting-edge research to our own lives? In *The Emotional Revolution*, Norman E. Rosenthal, psychiatrist, researcher, and specialist in the fields of psychopharmacology and psychobiology, offers a comprehensive guide to these exciting breakthroughs. He explores the latest findings about the body mechanisms that create emotions--and why our feelings can sometimes go out of control. He also offers simple self-help strategies and evaluates dozens of the newest treatments--both traditional and alternative--that can help with everything from depression and addiction to anxiety and excessive anger. Here is fascinating, up-to-the-minute information you won't find in any other single resource, including: Clues to the biological basis of monogamyA new link between depression and heart disease, and what this means for the treatment of both conditionsHow simple patterns of eye movements can help alleviate painful memoriesHow taking a commonly-used blood pressure medication can help you cope with traumaHow lying in the dark releases a hormone that can alleviate anxiety and cravingThe surprising health benefits of friendship and religionThe deadly dangers of angerThe health-promoting powers of love The first book to combine scientific research with prescriptive guidelines for the general reader, *The Emotional Revolution* is your guide to understanding the complexities of human feelings--and improving your life. "A well-researched, clearly-written, and absorbing book. Highly recommended for anyone who's ever seen a psychiatrist--or who hasn't!" --Dean Hamer, Ph.D., author of *The Science of Desire* Norman E. Rosenthal, M.D., is Clinical Professor of Psychiatry at Georgetown University. A practicing psychiatrist, Dr. Rosenthal has been listed in *The Best Doctors in the U.S.* For twenty years, he was a senior researcher in psychiatry and psychobiology at the National Institute of Mental Health. He has appeared on 20/20, CNN, National Public Radio, *The Today Show*, *CBS Morning News*, and *Good Morning, America*. Dr. Rosenthal lives and practices in Rockville, Maryland. Visit his Web site at normanrosenthal.com. Author: Rosenthal, Norman E. Publisher: Citadel Illustration: N Language: ENG

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