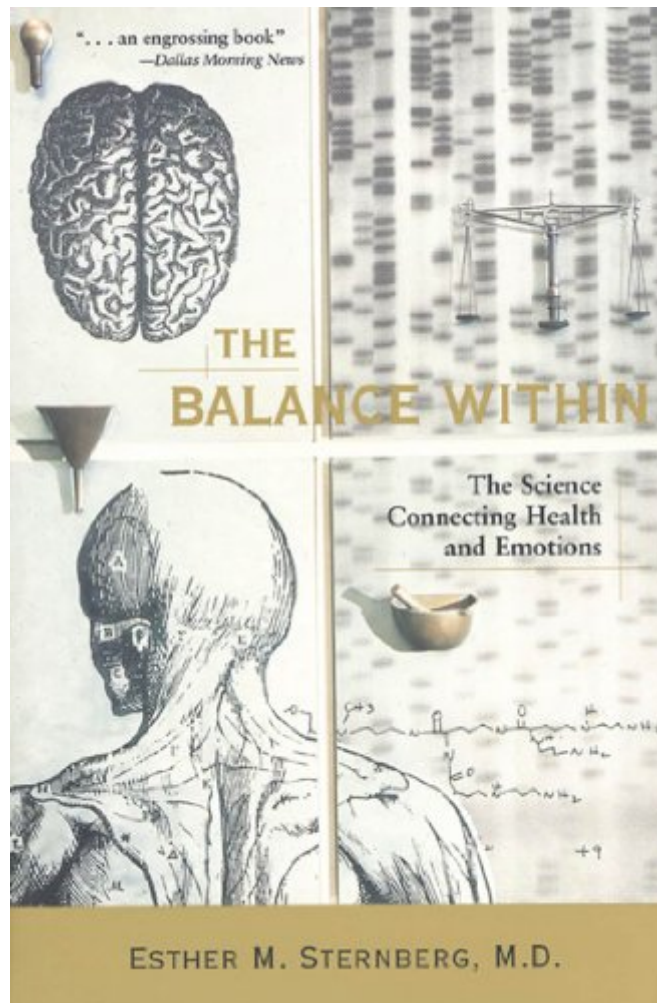


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# The Balance Within: The Science Connecting Health And Emotions



## 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

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## 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?"

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