



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

By Dr. Earl Henslin

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, MDAuthor and speaker for the PBS special Change Your Brain, Change Your LifeWhat does your brain have to do with experiencing joyA 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 moodsWhy haven't I been able to conquer my anger Pray away my fear and worryWhy can't I find freedom from secret obsessions and addictionsUsing 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...



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