



The Love Response: Your Prescription to Turn Off Fear, Anger, and Anxiety to Achieve Vibrant Health and Transform Your Life

By Eva M Selhub, Divina Infusino

BRILLIANCE AUDIO, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 170 x 132 mm. Language: English . Brand New. Fear, anger, and anxiety the side effects of life s everyday stresses if left unchecked can lead to a host of debilitating conditions: heart disease, arthritis, gastrointestinal problems, depression, and more. There is good news, though: The key to a healthy life free of these conditions is to activate what Harvard Medical School instructor Dr. Eva Selhub calls the love response: a series of biochemical reactions that lower blood pressure, heart rate, respiration, and adrenaline levels, stimulating physical healing and reinstating balance and well-being. The Love Response is the result of Dr. Selhub s years of research and clinical practice on how to reverse the destructive physical effects of fear and stress, and banish emotional wounds from the past. Through a simple-to-use plan of awareness, breathing, visualization, and verbal command exercises, The Love Response reprograms your brain and changes your biochemistry from negative to positive, putting you on a path to long-term wellness and happiness. The Love Response is structured around the three essential building blocks of mental health: Social love deep, intimate relationships including family, friends, and pets Self-love how...



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