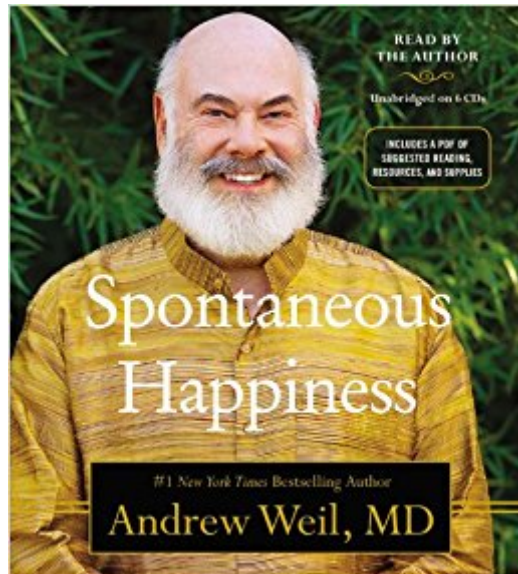


The book was found

Spontaneous Happiness



Synopsis

Everyone wants to be happy. But what does that really mean? Increasingly, scientific evidence shows us that true satisfaction and well-being come only from within. Dr. Andrew Weil has proven that the best way to maintain optimum physical health is to draw on both conventional and alternative medicine. Now, in *Spontaneous Happiness*, he gives us the foundation for attaining and sustaining optimum emotional health. Rooted in Dr. Weil's pioneering work in integrative medicine, the book suggests a reinterpretation of the notion of happiness, discusses the limitations of the biomedical model in treating depression, and elaborates on the inseparability of body and mind. Dr. Weil offers an array of scientifically proven strategies from Eastern and Western psychology to counteract low mood and enhance contentment, comfort, resilience, serenity, and emotional balance. Drawn from psychotherapy, mindfulness training, Buddhist psychology, nutritional science, and more, these strategies include body-oriented therapies to support emotional wellness, techniques for managing stress and anxiety and changing mental habits that keep us stuck in negative patterns, and advice on developing a spiritual dimension in our lives. Lastly, Dr. Weil presents an eight-week program that can be customized according to specific needs, with short- and long-term advice on nutrition, exercise, supplements, environment, lifestyle, and much more. Whether you are struggling with depression or simply want to feel happier, Dr. Weil's revolutionary approach will shift the paradigm of emotional health and help you achieve greater contentment in your life.

Book Information

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Customer Reviews

I am a Psychologist and Pharmacognosist (ethnobotanist), in large part because of being inspired by Dr.W's first books, "The Natural Mind" and his book about the miracle like qualities of mushrooms, and his classic book "From Chocolate to Morphine". His ability to speak to the reader in a conversational way while explaining complex subjects backed by a broad and firm base of scientific research is unique among scientists. He makes the reader comfortable with the concepts, the science, and the practical approach to overcoming depression and anxiety without talking down to the reader. Dr.W. is entertaining and has the knack of making you feel like you are listening to an old friend. Having heard him give a talk in the mid 1970's and reading everything he wrote, I know how truly exceptional he is as a scientist and physician, but he is remarkable in his ability to bring together the biology, psychology, and spiritual nature without resorting to quick fixes and aphorisms based on pseudo-science and secret knowledge. Dr.W' has done the work and spent a lifetime researching the mind-body-spirit relationship and how it applies to health and healing of people around the world. The reader who has followed his work from the beginning will find a continuity in this new book and will be familiar with many of the concepts from his earlier books. I always find his newest book to be based on his earlier work but still able to fascinate and inform me on his newest topic. This book did not disappoint, it goes on my shelf as my latest text book and further it is a book I will recommend to all of my colleagues and patients who are struggling with life. I plan to send several of my friends who fight depression and anxiety this book for Christmas.

I always enjoy Dr. Weil. I've heard him speak and have had some contact with the Integrative Program that seems to be his legacy. All of this is real, compassionate and makes sense. I also am a Registered Nurse and have been working in the Mental Health field for twenty years. I found his chapter on the prevalence (and causes of) depression within our society interesting. I especially resonate with his descriptions of the lack of connection to good old fashioned "hard work" and being outside. Bravo! His discussion of alternatives is good. Especially his advocacy of the use of Fish Oil, Vitamin D and the B vitamins. Common sense! There are a few things that bother me about Dr. Weil. I write these things as a fan of the man. A person who respects him and the work he does. 1. I'm not too enamored with the cult of personality surrounding the guy. Yes, I know that branding helps sell books. But does he really have to display his cherubic, monster bearded face on every book he writes? And must he really have a corporation attached to his name and his ideology? 2. Footnotes please! Yes, he states you can go on-line to get more information. And there is a short end note section. The bibliography is quite deficient for further reading. The book is written for a lay audience, but that doesn't mean that we can't have a bit more intellectual rigor attached to his

claims.3. Culturally, this book comes from the White, Enviro, Suburban, BMW driving class. The book is written from, and for, the upper ends of the socio-economic ladder. Poverty is the number one predictor and cause of mental illness. There is no discussion of that in this book, with the exception to maybe glorify the hard life we used to have when we all farmed.4.

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