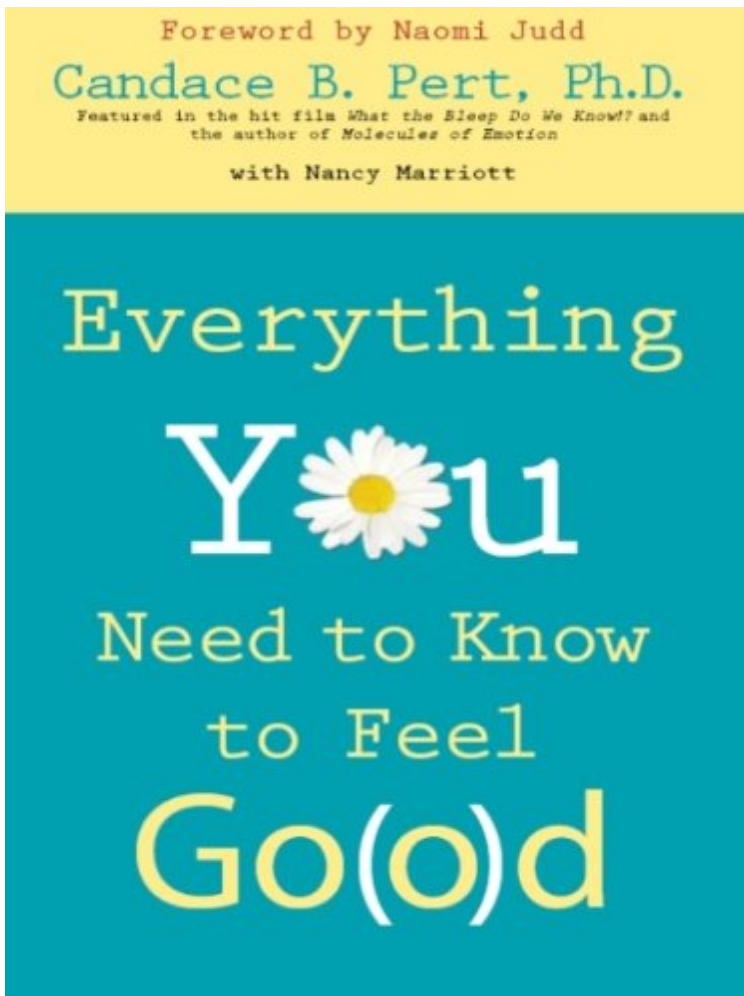


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Everything You Need to Know to Feel Go(o)d



Par Candace Pert
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Description :

Prsentation de l'diteurEverything You Need to Know to Feel Go(o)d is Candace Perts response to the questions shes been asked in her worldwide travels ever since the publication of her book Molecules of Emotion, and her appearance in the film What the Bleep Do We Know?! She discovered that, at the end of the day, all people really want to know is how to feel good. Within these pages, Dr. Pert shares the answers shes found, both in the biomedical laboratory of mainstream science and in the laboratory of her own evolving life. Her amazing journey documents how mind, body, and spirit cannot be separated; and that were hard-wired for bliss, which is both physical and divine. Feeling good and feeling God, she believes, are one and the same. From beginning to end, this book takes us on an entertaining romp through the many bodymind avenues, separating the woo-woo from real science and pointing the way toward using new paradigm therapies, detoxing our food and environment, forgiving and healing our relationships, understanding depression, staying young, and creating the reality we want to experience. Consciousness, mind, emotions, and God are all factored into the mix, resulting in a lot of beneficial advice and self-

development insights that will empower us toward health, well-being, and feeling . . . Go(o)d. From Publishers Weekly Fresh from her appearance in the 2004 film *What the Bleep do we Know!?*, scientist and author Pert (*Molecules of Emotion*) offers stories from her life's work—promoting her Peptide T therapy for AIDS patients and her research on the "bodymind" connection—as the springboard to a confident journey into the far reaches of healing, spirituality and medicine. Structured like a tour diary, the text includes the content of various presentations and lectures given by Pert as well as what she learned before and after each. Each chapter centers on a different presentation and a different audience, addressing the challenge of her title from a number of angles, including "Toxicity, Mood, and Food" in Tuscon, "Self-Esteem, Multiple Personalities, and Forgiveness" in Minneapolis and "Energy Medicine, Coherence, and Connection" in Santa Barbara.

Among the familiar (quitting your addiction to sugar, treating yourself with self-affirmations), Pert introduces lots of far-out but practical concepts many readers may never have considered (such as one's unique "money personality" and the meaning of seemingly random "synchronicities"). Warm, accessible and personal, Pert's writing can jar when alternating between conversational story-telling and jargon-studded technical information, but she keeps things moving with plenty of narrative and self-revelation. Though notably lacking an index, the work is well-researched and should hold great interest for anyone who is interested in healing, new age or the esoteric corners of mind-body science. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. Presentation de l'auteur Everything You Need to Know to Feel Go(o)d is Candace Pert's response to the questions she's been asked in her worldwide travels ever since the publication of her book *Molecules of Emotion*, and her appearance in the film *What the Bleep Do We Know?!* She discovered that, at the end of the day, all people really want to know is how to feel good. Within these pages, Dr. Pert shares the answers she's found, both in the biomedical laboratory of mainstream science and in the laboratory of her own evolving life. Her amazing journey documents how mind, body, and spirit cannot be separated; and that we're hard-wired for bliss, which is both physical and divine. Feeling good and feeling God, she believes, are one and the same. From beginning to end, this book takes us on an entertaining romp through the many bodymind avenues, separating the woo-woo from real science and pointing the way toward using new paradigm therapies, detoxing our food and environment, forgiving and healing our relationships, understanding depression, staying young, and creating the reality we want to experience. Consciousness, mind, emotions, and God are all factored into the mix, resulting in a lot of beneficial advice and self-development insights that will empower us toward health, well-being, and feeling . . . Go(o)d.