



A Calm Brain: How to Relax into a Stress-Free, High-Powered Life

Gayatri Devi M.D.

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A successful life doesn't mean you have to experience chronic stress. Now, Dr. Gayatri Devi shows in *A Calm Brain* how you can cultivate an optimal mental and physical state of focused peaceful awareness by tapping into your body's hard-wired natural relaxation system.

Our ancestors used the fight-or-flight mechanism to protect themselves from predators. We use it to fend off daily crises. In a world filled with too many toys, too much technology, and too many choices—how can we possibly keep up? Our bodies have been trained to react to the beeps and alarms of all our different technologies, be it the ever present cell phone, an angry text message, or a frantic voicemail. The result is chronic stress and a learned inability to relax.

With a warm, lucid voice, Dr. Devi shares stories from her medical practice of ordinary people—suffering from migraines, neck pain, gastrointestinal upsets, and sleep deprivation— trying to work through life's difficulties. With practical advice she shows just how to promote a higher “vagal tone,” and delivers the best news yet: you don't need more drugs. Here are the keys to more tranquil, productive, and enjoyable life.

Dr. Devi explores a paradigm shift in our understanding of the brain's relaxation mechanisms. It is hard for our brains to talk our bodies into feeling calm, but our bodies have strong wiring that makes true enduring calm possible. The body does this through the vagus nerve, a powerful conduit that taps directly into our brain's built-in relaxation system. This revolutionary science can transform your work life and your home life.

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Arthur Seaton:

In this era globalization it is important to someone to get information. The information will make you to definitely understand the condition of the world. The condition of the world makes the information easier to share. You can find a lot of references to get information example: internet, classifieds, book, and soon. You can see that now, a lot of publisher in which print many kinds of book. Typically the book that recommended for you is A Calm Brain: How to Relax into a Stress-Free, High-Powered Life this reserve consist a lot of the information with the condition of this world now. This kind of book was represented how does the world has grown up. The vocabulary styles that writer use to explain it is easy to understand. The writer made some study when he makes this book. Here is why this book acceptable all of you.

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Michael Blossom:

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