



wired for joy

Laurel Mellin, Ph.D.

In *Wired for Joy*, *New York Times* best-selling author **Laurel Mellin** presents a simple yet effective way to train your brain to move through stress and back to joy. Her method focuses on rewiring the emotional brain—the cauldron of our stress—rather than the thinking brain, which has been the focus of most other stress-busting methods.

Based on the cutting-edge science of neuroplasticity, *Wired for Joy* outlines the five emotional states of the brain. For each state, Mellin presents a specific tool that easily and quickly switches the brain back to a state of well-being—in essence, retraining your brain to experience more joy more often.

Eighty percent of health problems today are due to the downstream effects of stress. And because an overload of stress leads the brain to become wired for extremes of emotions, thoughts, and behavior, you can see its negative effects in every area of your life. Stress symptoms include everything from high blood pressure, to heart disease, to addictions, to chronic anger. Learning to break free from stress could dramatically improve your mood, your relationships, your health—and your *life*.

Imagine a world without all the jaw clenching, nail biting, and stress-induced meltdowns. With *Wired for Joy*, you can finally change the wiring that triggers your stress, instead of focusing on its symptoms. And once you make that switch, life becomes easier and more rewarding, your stress symptoms—depression, anxiety, overeating—tend to fade, and you experience a new sense of freedom in your life.

“Wired for Joy offers a brain-based solution to stress and practical tools that are the missing link in health care.”

— **John Gray, Ph.D.**, #1 *New York Times* best-selling author
of *Men Are from Mars, Women Are from Venus*

About the Author



Laurel Mellin, author of the *New York Times*–bestseller *The Pathway*, is an associate clinical professor of family and community medicine and pediatrics at the University of California, San Francisco School of Medicine. She directs the national research coordinating center for emotional brain training (EBT) in UCSF’s Center for Health and Community, and she has authored two best-selling books on EBT. Mellin has conducted research on the method and trained psychologists, physicians, and other health professionals to use the tools in their practices. She also directs the nonprofit organization The Institute for Health Solutions, which certifies health professionals in EBT.

Website: www.ebt.org

Available: June 15, 2010 • Price: USA \$16.95 CAN \$20.95 UK £11.99
Format: 6" x 9"; Trade paper; 240 pages • ISBN: 978-1-4019-2586-4



Early Praise for *Wired for Joy*

*"So many authors today promise to bring joy to your life, help you lose weight, or inspire you to overcome addictions using a magical method that turns out to be completely inapplicable. But **Wired for Joy** is the real deal! With inspiring anecdotes about real people, clear language, and lovely diagrams, **Wired for Joy** delivers a technology—based on more than 30 years of research—that can lift us from the stressed-out state to the natural state of pure joy, where the need for the fixes of food, drink, drugs, and workaholism melt away. I am heartily recommending this book to everyone—this is the one book to read if you have no time to read!"*

— **Candace B. Pert, Ph.D.**, best-selling author of *Molecules of Emotion* and *Everything You Need to Know to Feel Go(o)d*

"A remarkable book by an internationally acknowledged expert in the field of stress management. Laurel Mellin's method for rewiring the emotional brain is revolutionary . . . a practical approach for decreasing stress, enhancing health and happiness, and rediscovering joy! Highly recommended."

— **John Foreyt, Ph.D.**, author of *The Xenical Advantage* and *The Living Heart Diet*; director of the Behavioral Medicine Research Center, Baylor College of Medicine

"Chronic stress and anxiety are enormous problems for many people in our fast-paced and rapidly changing society. EBT offers a novel and compelling approach to gaining control over one's life and thereby containing the physiological and psychological toll of chronic stress."

— **Bruce S. McEwen, Ph.D.**, author of *The End of Stress as We Know It*; Alfred E. Mirsky professor; and head of the Harold and Margaret Milliken Hatch Laboratory of Neuroendocrinology, The Rockefeller University

"Laurel Mellin applies the principles of brain-plasticity science to help you grow and nourish your positive energies. Consider it a gift, from science to you."

— **Michael Merzenich, Ph.D.**, neuroscientist and professor emeritus of physiology, University of California, San Francisco