



The Chemistry of Calm: A Powerful, Drug-Free Plan to Quiet Your Fears and Overcome Your Anxiety

Henry Emmons M.D.

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Marrying Eastern techniques of meditation with traditional Western solutions of diet and exercise, celebrated psychiatrist Dr. Henry Emmons offers a proven plan to combat anxiety—without medication—that has helped tens of thousands gain inner peace and start enjoying life.

The debilitating effects of anxiety can affect your sense of well-being, health, longevity, productivity, and relationships. In *The Chemistry of Calm*, Dr. Henry Emmons presents his Resilience Training Program—a groundbreaking regimen designed to relieve anxiety and restore physical and mental strength. This step-by-step plan for mental calmness and emotional wisdom focuses on ways to create resilience as a key to resolving anxiety in everyday life, incorporating the latest science on:

- Diet—you've got to eat good food to feel good
- Exercise—it's proven: moving makes you less anxious
- Nutritional Supplements—boosting your natural anxiety resistance
- Mindfulness—including meditation techniques to calm your body and brain

Using this program, Dr. Emmons has helped countless patients reduce their anxiety and reclaim the resilience that is their birthright. Now, with *The Chemistry of Calm*, you can be anxiety free too!

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