



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

By Gayatri Devi M. D.

Plume. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 7.9in. x 5.3in. x 0.7in. In a world filled with too many choices, oppressive technology, and relentlessly overbooked schedules how do we achieve the calm we so desperately need Our ancestors used the fight-or-flight mechanism to protect themselves from predators. Today, we use it to fend off daily crises. The result is chronic stress and a learned inability to be calm which, in turn, makes it impossible for us to perform at our peak. Now, Dr. Gayatri Devi shows how we can cultivate empowering, enduring calm by tapping into our bodys vagus nerve and utilize our hardwired, natural relaxation system. If you are suffering from migraines, neck pain, gastrointestinal upsets, sleeps deprivation or are just trying to work through lifes difficulties Dr. Devi shows that you dont need more drugs, you need A Calm Brain. For anyone who wants to take charge of the 21st century while remaining calm, focused, and productive this is the book for you. Henry S. Lodge, New York Times bestselling author of Younger Next Year This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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