



# Molecules Of Emotion: The Science Behind Mind-Body Medicine

By Candace B. Pert

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Why do we feel the way we feel? How do our thoughts and emotions affect our health? Are our bodies and minds distinct from each other or do they function together as parts of an interconnected system?

In her groundbreaking book *Molecules of Emotion*, Candace Pert provides startling and decisive answers to these and other challenging questions that scientists and philosophers have pondered for centuries.

Her pioneering research on how the chemicals inside our bodies form a dynamic information network, linking mind and body, is not only provocative, it is revolutionary. By establishing the biomolecular basis for our emotions and explaining these new scientific developments in a clear and accessible way, Pert empowers us to understand ourselves, our feelings, and the connection between our minds and our bodies -- body-minds -- in ways we could never possibly have imagined before.

*Molecules of Emotion* is a landmark work, full of insight and wisdom and possessing that rare power to change the way we see the world and ourselves.



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## **Molecules Of Emotion: The Science Behind Mind-Body Medicine By Candace B. Pert Bibliography**

- Sales Rank: #8953 in Books
- Brand: Brand: Simon n Schuster
- Published on: 1999-02-17
- Released on: 1999-02-17
- Original language: English
- Number of items: 1
- Dimensions: 8.44" h x .90" w x 5.50" l, 1.01 pounds
- Binding: Paperback
- 368 pages

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### Editorial Review

#### From Library Journal

Intrigue at the "Palace": back-stabbing, deceit, shunning, love affairs. This is not the plot to *I, Claudius* but the account Pert gives of her time working at the National Institutes of Health (NIH), a.k.a. the Palace. Yet her time at NIH is not the central point here. Nor are the molecules of the title, although they do get due coverage. Pert offers mainly an account of her journey from a conventional scientist to one who also embraces complementary and alternative medicine. The journey is long and not without price. She was passed over for the Lasker and Nobel prizes for her work on opiate receptors while colleagues were recognized; she believes that her development of a potential AIDS drug was thwarted owing to scientific dirty pool as well as her being a woman in a man's world. Along the way, she took control of her career, her life, and her personal mission. This is an eye-opening book for anyone who thinks that people with medical degrees act more civil or are more altruistic than the rest of us, though Pert also shows that some do rise above the fray. Recommended for academic and special libraries. —Lee Arnold, Historical Soc. of Pennsylvania, Philadelphia

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#### From Kirkus Reviews

Pert, a self-described ``catalyst in the mindbodyspirit revolution in modern medical science," and once a chief of brain chemistry at the NIH, freely intermingles vibrant stories of her professional and personal life with her theories about neuropeptides. Currently a research professor at Georgetown Medical Center in Washington, Pert may be best known as one of the scientists on Bill Moyers's PBS series *Healing and the Mind*. In the early 1970s, she made a name for herself with her key role in discovering the brain's opiate receptors. For the next decade, however, owing to her protests over her exclusion from the prestigious Lasker Award, her reputation among scientists was more that of feminist troublemaker than pathfinder. Certainly the picture she draws here of the science establishment would seem to suggest a world of aggressive, even ruthless, alpha males fighting for the top prize. She also traces her own evolution from competitive bench scientist to explorer of personal healing modalities. The death of her father, the end of her marriage, her resignation from the NIH, her embracing of the Christian faith, and her discovery of the healing power of dreams--all were, she says, life-shaping events. Pert also explains her theory that neuropeptides and their receptors are the biochemicals of emotions, carrying information in a vast network linking the material world of molecules with the nonmaterial world of the psyche. Her views on mind-body cellular communication mesh well with the concepts of energy held by many alternative therapies, and she is now, not surprisingly, a popular lecturer on the wellness circuit. Her final chapter describes an eight-part program for a healthy lifestyle, and she has appended an extensive list of alternative medicine resources. Strong scientific support for the mind-body school of medicine, sure to rattle those alpha males back in the labs. (Author tour) —Copyright ©1997, Kirkus Associates, LP. All rights reserved.

#### Review

Caroline Myss, Ph.D. author of *Why People Don't Heal and How They Can* Candace B. Pert...has managed to take the study of the emotional connection to the body...and present this information in not only an understandable manner, but an enjoyable one.

Christiane Northrup, M.D. author of *Women's Bodies, Women's Wisdom* Reading *Molecules of Emotion* filled me with molecules associated with joy, inspiration, and hope.

Dean Ornish, M.D. author of *Eat More, Weigh Less Molecules of Emotion* is a highly inspiring story of the search for the biochemical links between consciousness, mind, and body that also weaves in Pert's deeply personal search for truth. Highly recommended!

Lynn Harris *New York Daily News* *Pick up the coolest, smartest, hardest-core mind-body book I've seen in a while.*

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