

## Wired For Joy A Revolutionary Method Creating Happiness From Within Laurel Mellin

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In *Wired for Joy*, researcher and New York Times bestselling author Laurel Mellin presents a simple yet proven 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.

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### Wired For Joy | Laurel Mellin | 9781401925864 | NetGalley

A world without all the jaw clenching, nail biting, and stress-induced melt downs? Eighty percent of health problems today are due to the downstream effects of stress, so learning to break free from stress could dramatically improve your mood, your relationships, your health—and your life. In *Wired for Joy*, researcher and New York Times –bestselling author Laurel Mellin presents a simple yet proven way to train your brain to move through stress and back to joy.

### Wired for Joy! - Hay House

In *Wired for Joy*, researcher and New York Times–bestselling author Laurel Mellin presents a simple yet proven way to train your brain to move through stress and back to joy. Her method has been called the missing link in health care, as it 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.

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