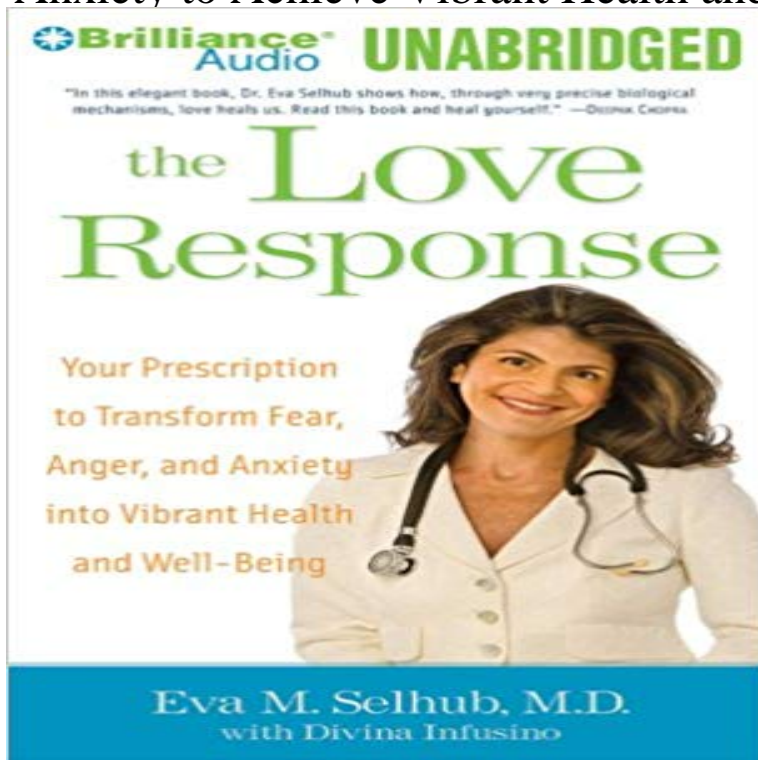


# The Love Response: Your Prescription to Turn Off Fear, Anger, and Anxiety to Achieve Vibrant Health and Transform Your Life



Fear, anger, and anxiety?the side effects of lifes everyday stresses?if left unchecked can lead to a host of debilitating conditions: heart disease, arthritis, gastrointestinal problems, depression, and more. There is good news, though: The key to a healthy life free of these conditions is to activate what Harvard Medical School instructor Dr. Eva Selhub calls the love response: a series of biochemical reactions that lower blood pressure, heart rate, respiration, and adrenaline levels, stimulating physical healing and reinstating balance and well-being. The Love Response is the result of Dr. Selhubs years of research and clinical practice on how to reverse the destructive physical effects of fear and stress, and banish emotional wounds from the past. Through a simple-to-use plan of awareness, breathing, visualization, and verbal command exercises, The Love Response reprograms your brain and changes your biochemistry from negative to positive, putting you on a path to long-term wellness and happiness. The Love Response is structured around the three essential building blocks of mental health: Social love?deep, intimate relationships including family, friends, and pets Self-love?how to nurture yourself, often the hardest step Spiritual love?contributing to the world beyond your own needsThe Love Response provides all the tools you need to transform anger into compassion, release your fears, overcome shame, embrace self-acceptance, connect through empathy, and, ultimately, strengthen your natural ability to heal.

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