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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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about real people, clear

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delivers a technology-
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the natural state of

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Wired For Joy |

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biting, and stress-

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are due to the

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back to joy. Her
method has been
called the missing link
in health care, as it
focuses on rewiring the
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