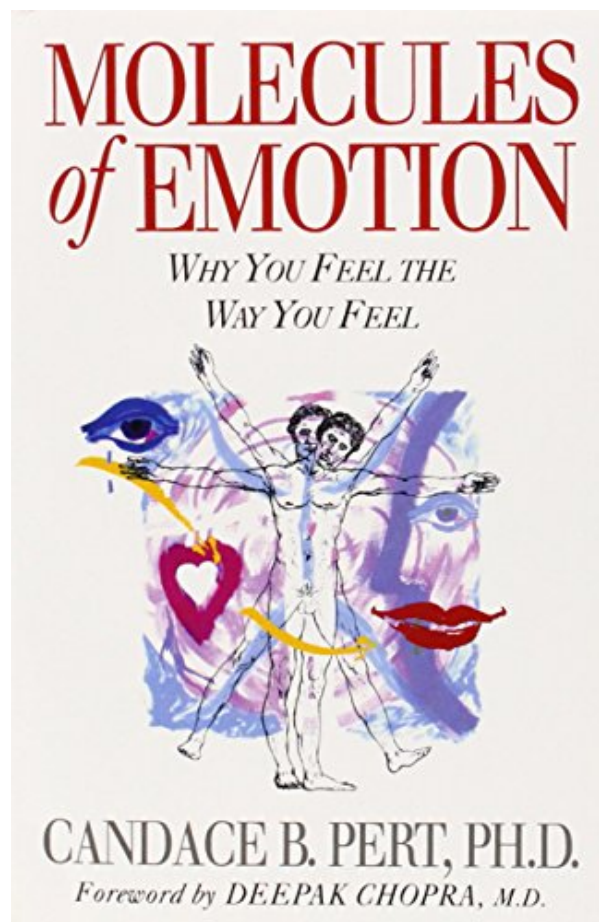


MOLECULES OF EMOTION: WHY YOU FEEL THE WAY YOU FEEL BY CANDACE PERT



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MOLECULES *of* EMOTION

*WHY YOU FEEL THE
WAY YOU FEEL*



CANDACE B. PERT, PH.D.

Foreword by DEEPAK CHOPRA, M.D.

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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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Pert, a self-described "catalyst in the mind/body/spirit 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

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MOLECULES OF EMOTION: WHY YOU FEEL THE WAY YOU FEEL BY CANDACE PERT PDF

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 part of an interconnected system? In *MOLECULES OF EMOTION*, neuroscientist Candace Pert provides startling and decisive answers to these long-debated questions, establishing the biomolecular basis for our emotions and explaining these new scientific developments in a clear and accessible way. Her pioneering research on how the chemicals inside us form a dynamic information network, linking mind and body, is not only provocative, it is revolutionary. In her groundbreaking book, Candace Pert offers a new scientific understanding of the power of our minds and our feelings to affect our health and well-being.

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9 of 9 people found the following review helpful.

I really want to like this book since it was mentioned in one of ...

By Tribaldancer

I really want to like this book since it was mentioned in one of my favourites *Biology of Belief* by Dr. Bruce Lipton. I am finding it difficult to get through the first few chapters. I understand that the author is quite accomplished and I would have been interested in a few pages to illustrate that, but I am wading through pages and pages of egotistical storytelling. I have put the book down several times, it has become a chore for me to pick it up again, I keep doing so because I am sure at some point I will eventually get to the information I bought the book for. A better read for me has been *The Healing Code!* I'm going to plod away with the book now that I have bought it, but I can't say I would recommend it to anyone!

5 of 5 people found the following review helpful.

Pert is a very intelligent scientist who deserves much recognition for all her work ...

By Sarah North

I'm only about 2/3s the way through this book, so I will publish another review if my opinion changes, but so far it's been a bit disappointing. Pert is a very intelligent scientist who deserves much recognition for all her work discovering peptides and their relationship to our over-all emotional health. Although she is an amazing and inspiring scientist, she is not such a great writer. I love reading and I was a biology major, so I am enthralled by her work, but even I am having some difficulty getting through this book. The story line is sometimes confusing, and it seems she is spending too much time going through petty controversies she has with her co-workers rather than focusing on her scientific findings. I empathize with her and think a book exposing the bigotry of our patriarchal scientific community would be great, but I think it would be better to make that a completely separate book, and focus more on what this one is titled: the relationship between our emotions and molecular health. Overall, a good read, but you need to have a background in biology to understand what she's talking about.

4 of 4 people found the following review helpful.

Brave and brilliant book

By Vic S

This book is amazing on a number of levels. It makes you think about the absurd politics that interfere with serving the public good. We have brilliant scientists playing junior high school games involving their egos, machismo and greed. Candace Pert was a hero who was far underrated in her accomplishments and service to humankind. And this book provides the missing link between body and mind. It was a great reference for my book *Stressing Out Over Happiness* published in 2016. If you want to truly understand the industry of drugs, games and deception from an insider's perspective at the highest level, read *Molecules of Emotion*.

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