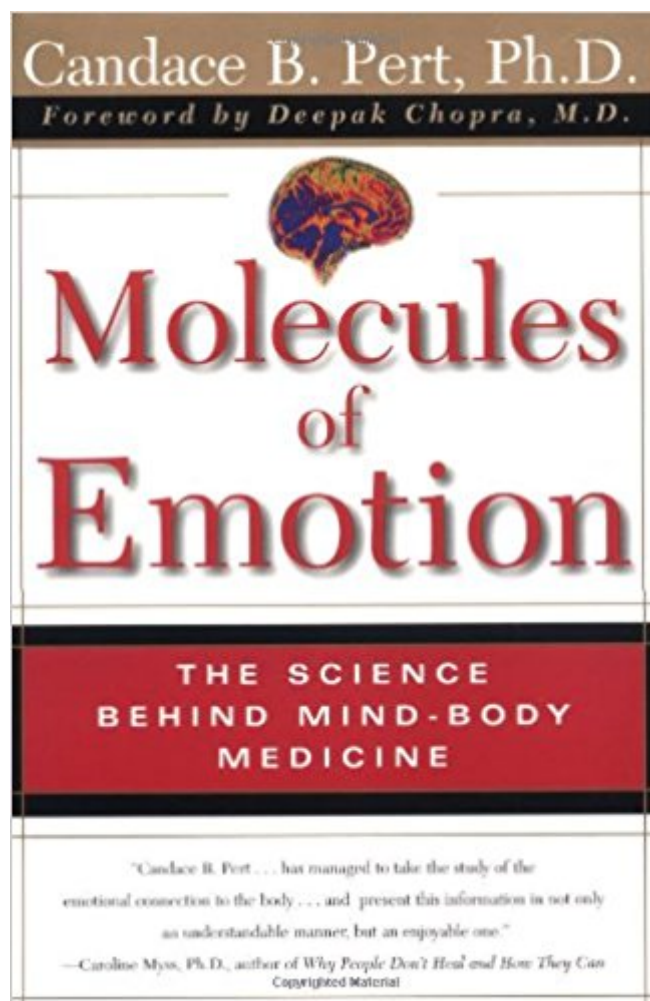


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# Molecules Of Emotion: The Science Behind Mind-Body Medicine



## Synopsis

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.

## Book Information

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## Customer Reviews

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 Copyright 1997 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

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 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 rankle those alpha males back in the labs. (Author tour) -- Copyright ©1997, Kirkus Associates, LP. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

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*.

This is a wonderful autobiographical book that takes you on a journey as she discovers the way the brain works. It can be a bit technical for the non nerd types, but if you can get past the scientific terminology to understand the underlying story that the brain can and does link memories and emotions using chemical signals that tell other parts of the brain and the body how to respond when that memory is triggered. By understanding this it can potentially be possible to reprogram the brain to disconnect negative emotions and feelings by turning off the cell from sending out those molecules anymore... at least that is how i will be looking at the work she did.

The true grit of science is still competition, hindering the productive flow of communication that catalyzes manifestations of truly life changing findings. This is not new insight, although it might be to some reviewers who balk at Pert's narrative highlighting this very flawed process. Her story is relevant even today with the internet heralding the 'age of information.' Also, let the woman's story be told. Rosalind Franklin, Jocelyn Bell-- just a few names of great female scientists who worked hard only to find the men they worked with steal their thunder...they stand as examples of what still continues today: sexism in organizations in the US. I find Pert's story as one that (obviously) stirs emotions, which seems appropriate considering this is (partially) what her tale is about. The title of the book, however, is misleading because I didn't necessarily sign on for 'Pert's story--' I signed on for neuroscience. Let it be known this is not a singular book about emotions in the brain (see Drs. Damasio), but it is certainly one worth adding to a collection about this subject...let's face it, there are many different ways to discuss this fascinating topic, just beware what you are getting into with this one.

Incredible scientific look into humankind's raging emotions!She is phenomenal at bridging the ever widening gap of the mental (or metaphysical) realm and its effects with the physical biological and chemical realm with their effects. What's the difference between the metaphysical and the physical, and what are the similarities? A great look into how we can leverage this knowledge to gain better

results in our day to day lives.

A direct connection between your heart (emotion and feeling) and the rest of your body affects your state of health. According to Pert, "It is the emotions, I have come to see, that link mind and body." Dr. Pert is a research professor in the Department of Biophysics and Physiology at Georgetown University School of Medicine. The book reports on research findings and practical applications to body-mind medicine for health and happiness. Her research began when she was a medical graduate student at John Hopkins University in the early 1970s and carried on as she led a team of researchers with the National Institutes of Health (NIH) from 1975 to 1987. During that tenure her team identified "molecules of emotion." Combinations of tiny bits of protein on the surface of cells form receptors, sensors that collect chemical information carried throughout your body by other molecules called ligands. Receptors and ligands are very particular about the company they keep; to bind together they must be perfectly matched. Some ligands are natural to the body, such as peptides, neurotransmitters, and hormones; some are natural but foreign to the body, such as viruses; and others are artificial chemicals. When a ligand binds with a receptor (in what Pert calls "sex on a molecular level") information is deposited onto and into the receptor in a biochemical exchange that has profound effects. If a receptor waiting for a natural body ligand is unoccupied, because emotional repression has reduced the supply of peptides, for instance, a matching virus can dock and illness results. Her story of how she made these discoveries reads as much like a modern spy novel as it does a scientific report. She goes on to make lots of imaginative mystical leaps about what these discoveries mean for living a healthy fulfilling life.

I was excited to read this book as the topic is of interest to me, though I am not in a medical or scientific role. I was disappointed from the beginning as it is not written as a book, but as though the author is performing a lecture--it could be tightened up considerably and would flow better if it were not so "conversational." Also, though I believe there are some interesting points to be made--the research and description of the research into finding a synthetic way to block HIV from binding were well done--the majority of the first part of the book was just too laden with scientific descriptions of various experiments for me to want to follow it. In some areas it read more like a manual for performing assays and scientific research on peptides. (It was, however, fairly easy to get the gist with a quick skimming through these technical parts.) Finally, I don't know about the print version, but the Kindle version is loaded with typos (1-2 per page) and this was also a bit distracting. Would love to see someone take this work and rewrite it for non-scientists!

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