



# The Balance Within: The Science Connecting Health and Emotions

*Esther Sternberg*

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## **The Balance Within: The Science Connecting Health and Emotions** Esther Sternberg

This text explores the mind-body connection and what it means for health. Esther Sternberg provides accounts of the experiments that reveal the physical mechanisms, the nerves, cells and hormones - used by the brain and immune system to communicate with each other. She describes just how stress can make us more susceptible to all types of illness, and how the immune system can alter moods.

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