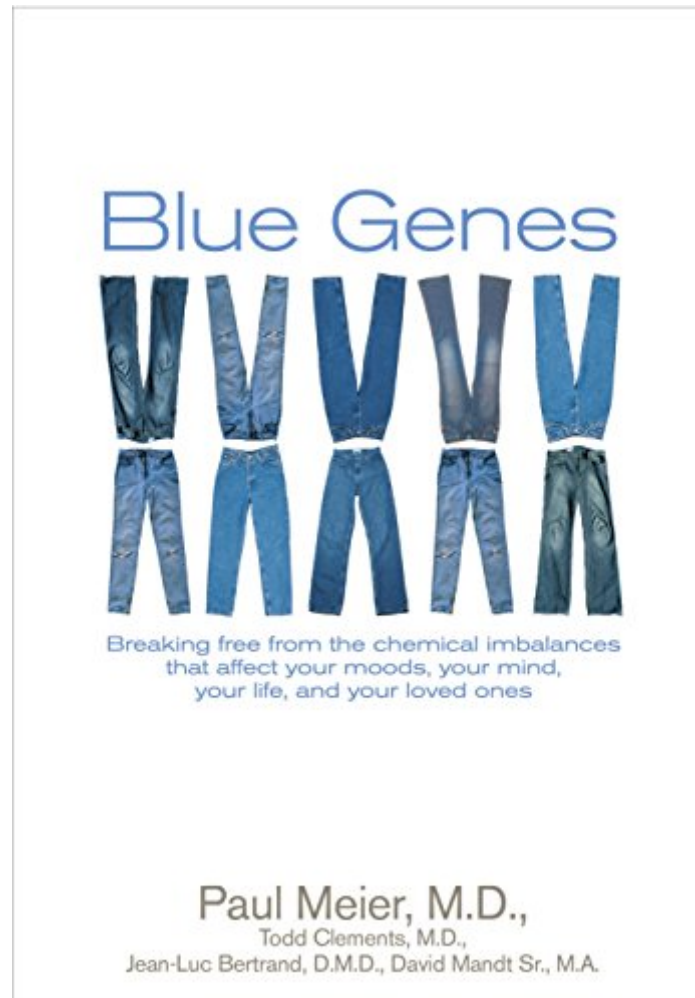




The book was found

Blue Genes



Synopsis

Many common psychological problems, such as depression, bipolar disorder, obsessive-compulsive disorder, and ADHD, can be linked to chemical imbalances in the brain. Dr. Paul Meier, whose clinic treats thousands of people per week, has written *Blue Genes* to help find answers for those who struggle. Through fascinating case studies, Dr. Meier shows the dramatic difference counseling and medicine can make. This empowering book addresses how genetics, environment, diet, fitness, and spirituality all affect our minds and our quality of life.

Book Information

File Size: 767 KB

Print Length: 210 pages

Publisher: Tyndale Momentum (February 13, 2012)

Publication Date: February 13, 2012

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00AEB3AIO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #923,998 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #83

in Books > Religion & Spirituality > Religious Studies > Psychology & Christianity #577

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology >

Mental Health > Depression #1699 in Books > Health, Fitness & Dieting > Mental Health >

Depression

Customer Reviews

It's easy to be fearful of what we do not know or understand, and mental illness is often one of these areas. Experiencing first-hand family members that struggled with different mental illnesses, this book was extremely resourceful and helpful in gaining a clearer understanding of the science behind mental illnesses and how they can effectively be managed. This book changed our family's understanding, acceptance and approach of/to mental illness, and ultimately changed our family's

life. It brought the person that struggled with the mental illness to a place of acceptance and greater responsibility for herself, and it allowed those of us without the mental illness to better understand why her brain processed and handled things the way it did. I highly recommend this book!

This book came at a crucial time and quite literally helped resolve some critical issues. Without going into details, suffice to say that my wife was dealing with depression and anxiety, and was very hard to 'minister' to as she's both a Christian and a nurse. This translates to sometimes being unable to convince her of things I'd like to get across, either because she's simplifying the issue too much (e.g., "Maybe I'm not being faithful enough" or "Maybe this anxiety/depression is God's conviction..." or so on), or because she's a healthcare professional, and therefore is keeping in mind all of the worst case scenarios concerning pharmaceutical drugs. We'd had this book for years prior to reading it a few months ago...and I almost literally wept once I read it, as it not only appealed to my wife's healthcare professional side (as well as my intellectual mindset) but our Christian worldview and faith as well. It essentially enabled us (her, mainly) to realize that while medications can be overused, there ARE indeed many times and reasons where medications are not only worthwhile but almost crucial for one to take, to restore control to the person so that they can continue their life, their faith walk, etc. with some semblance of normality and victory. In short, I would say that this book is probably one of the best books for anyone who suffers from depression/anxiety/mental issues in general, and at least is a person of faith, as it addresses both sides.

I heard an interview by Dr. Paul Meier (author) on the radio and was so impressed I ordered this book. The descriptions of various disorders and the neurotransmitters, hormones, etc. that are involved (off balance) enabled me to see exactly what I was experiencing and then helped my psychiatrist properly diagnose me quickly. It's difficult to articulate what you are feeling sometimes. There are many disorders in the book that don't apply, but still worth reading the entire book. I can't tell you how many people I've purchased this book for since, who have been immensely helped. Truly I feel this book saved my life by leading me to a correct diagnoses and ultimately the right medications (that still takes time since everyone is different). I had been misdiagnosed for many years before this. This shows that you aren't crazy even though the stigma still exists. It's chemistry, like insulin is for a diabetic. He helps show there is nothing to be ashamed about.

This interesting and informative book contains many case histories that help see the ongoing needs

of those with various mental/emotional issues that Dr. Meier has treated. I appreciated his great wealth of personal experience as a doctor and a man of Christian faith.

Excellent book to help understand the different brain chemical imbalances and medications available to help. A great resource!

Excellent as was the service...more people need to realize their blue genes and do something about it expediently...solutions are out there!

This is such a book. It gives you a perspective from a Christian standpoint about these kinds of problems. There is even a higher way towards help and healing of these types of problems but this will help a lot of people that are at this level of faith in their lives. It gives lots of good info. I highly recommend it.

no problems receiving product and it was in good condition.

[Download to continue reading...](#)

Inheritance: How Our Genes Change Our Lives--and Our Lives Change Our Genes
Blue Genes: Breaking Free from the Chemical Imbalances That Affect Your Moods, Your Mind, Your Life, and Your Love Ones
Blue Genes Younger: A Breakthrough Program to Reset Your Genes, Reverse Aging, and Turn Back the Clock 10 Years Younger: A Groundbreaking Program to Reset Your Genes, Reverse Aging, and Turn Back the Clock 10 Years
Dr. Gundry's Diet Evolution: Turn Off the Genes That Are Killing You and Your Waistline
Deep Nutrition: Why Your Genes Need Traditional Food Altered Genes, Twisted Truth: How the Venture to Genetically Engineer Our Food Has Subverted Science, Corrupted Government, and Systematically Deceived the Public
Silent Travelers: Germs, Genes, and the Immigrant Menace
The Paleo Cure: Eat Right for Your Genes, Body Type, and Personal Health Needs -- Prevent and Reverse Disease, Lose Weight Effortlessly, and Look and Feel Better than Ever
The Primal Blueprint: Reprogram your genes for effortless weight loss, vibrant health, and boundless energy (Primal Blueprint Series)
The New Primal Blueprint: Reprogram Your Genes for Effortless Weight Loss, Vibrant Health and Boundless Energy
Zero Belly Cookbook: 150+ Delicious Recipes to Flatten Your Belly, Turn Off Your Fat Genes, and Help Keep You Lean for Life!
Cystic Fibrosis (Genes & Disease)
The DNA Restart: Unlock Your Personal Genetic Code to Eat for Your Genes, Lose Weight, and Reverse Aging
Dirty Genes: A Breakthrough Program to Treat the Root Cause of Illness and Optimize Your Health
Search for the

Tourette Syndrome and Human Behavior Genes 23andMe The One and Only Me: A Book About Genes ENGLISH –œ SPANISH Picture Dictionary (INGLÊS - ESPAÑOL Diccionario de Imágenesgenes) (Spanish Edition) The Primal Blueprint: Reprogram Your Genes for Effortless Weight Loss, Vibrant Health, and Boundless Energy

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)