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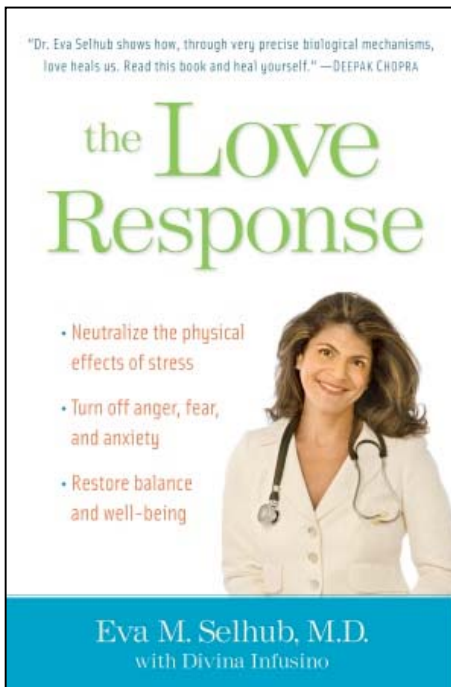
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THE LOVE RESPONSE

YOUR PRESCRIPTION TO TURN OFF FEAR, ANGER, AND ANXIETY
TO
ACHIEVE VIBRANT HEALTH AND TRANSFORM YOUR LIFE
EVA M. SELHUB, M.D.
WITH DIVINA INFUSINO



Advance Praise for THE LOVE RESPONSE



“In this elegant book, *The Love Response*, Dr. Eva Selhub shows why love heals us through very precise biological mechanisms.

Read this book and heal yourself.”

~Deepak Chopra

“Suffering can be a powerful doorway for transforming our lives. In *The Love Response*, Dr. Eva Selhub shows us how to transform fear into trust, pain into joy, and hatred into love. Beautifully written and full of wisdom that is both highly practical and deeply spiritual. Most highly recommended.”

~Dean Ornish, M.D.

“Eva Selhub is a gifted healer who integrates scientific medicine, wisdom traditions and psychological insights.”

~Ted Kaptchuk, author of

The Web That Has No Weaver: Understanding Chinese Medicine

“This book will change your life—it might even save it!”

~Gustav Dobos M.D., Chair of Complementary and Integrative Medicine, University of Duisburg-Essen, Germany



Fear, anger, and anxiety—the side effects of life’s everyday stresses—are natural and sometimes helpful, but when they go on for too long they can lead to a list of debilitating ailments that are now so common we assume they are unavoidable: insomnia, heart disease, arthritis, gastrointestinal problems, and more. **THE LOVE RESPONSE: Your Prescription to Turn Off Fear, Anger, and Anxiety to Achieve Vibrant Health and Transform Your Life** by Dr. Eva Selhub with Divina Infusino (Ballantine Hardcover; on sale: January 27, 2009) gives us the first practical program that provides the framework, tools and techniques to rid your body of the ravaging effects of these stressors, overcome hurtful past life events, and shape an empowered personal future.

THE LOVE RESPONSE is a medically grounded book that shows us how to change our body’s physiology quickly and lastingly through the deliberate evocation of a series of biochemical reactions in the body that lower blood pressure, pulse, respiration, and adrenaline levels, counteract the unhealthy effects of fear and stress and allow us to experience the myriad health benefits of nature’s own antidote: love and affection. Moving beyond the hopeful advice of Positive Psychology, Dr. Selhub’s groundbreaking work shows us how to actually change the body’s chemical responses in times of stress, neutralizing adrenaline, cortisol and other detrimental substances in the blood, a revolutionary concept she calls Positive Physiology. She also helps us to reprogram our innate responses to everyday challenges by guiding us through a 3-tiered plan to evoke Positive Physiology through **THE LOVE RESPONSE** in all areas of our lives:

- 1) Social love — not only intimate relationships but also family, friends, and pets
- 2) Self-love — treating yourself with care and tenderness, often the hardest step
- 3) Spiritual love — contributing to the world beyond your personal needs

Moreover, her plan includes tools and strategies that work even in the heat of the moment, allowing the individual to shift the course of destructive emotional circumstances quickly and decisively for the better.

THE LOVE RESPONSE provides all the techniques you need to transform anger into compassion, release your fears, overcome shame, embrace self-acceptance, connect through empathy, and, ultimately, strengthen your natural ability to heal—keeping your body and mind in a state of flow and resilience, and promoting life-long health.

ABOUT THE AUTHOR

Eva M. Selhub, M.D., is the senior staff physician at the Benson Henry Institute for Mind/Body Medicine at the Massachusetts General Hospital. An integrative health specialist and the founder of Alight Medicine for Learning and Healing in Newton Massachusetts, she is also a clinical instructor of medicine at Harvard Medical School. Dr. Selhub has lectured throughout the United States and Europe and has trained healthcare professionals from all over the world. She has been published in medical journals and featured in national publications including *The New York Times*, *USA Today*, *Self*, *Shape*, *Fitness*, and *Journal of Woman’s Health*, and has appeared on radio and television in connection with her work. She lives in Boston. For more information about Dr. Selhub and her work, visit www.loveresponse.com



THE LOVE RESPONSE:
Your Prescription to Turn Off Fear, Anger, and Anxiety to Achieve
Vibrant Health and Transform Your Life

by Eva M. Selhub, M.D., with Divina Infusino

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www.ballantinebooks.com □ www.loveresponse.com

*T*HE *S*HIELD

YOUR TOOL FOR TRANSFORMATION

Everyone NEEDS A SPIRITUAL “SHIELD” TO HELP THEM QUICKLY SHIFT OUT OF THE FEAR RESPONSE AND STAY IN JOY AND LOVE MORE OFTEN. THE SHIELD IS BOTH A CALMING VISUALIZATION AS WELL AS A MNEMONIC DEVICE FOR REMEMBERING THESE SIMPLE STEPS TO THE LOVE RESPONSE. WHEN STRESSORS COME INTO YOUR LIFE, USE YOUR SHIELD TO COMBAT YOUR FEAR RESPONSE AND REPLACE IT WITH THE LOVE RESPONSE.

S SLOW DOWN AND VISUALIZE A SHIELD OF LOVING, HEALING WHITE LIGHT.

H HONOR YOUR FEELINGS, EXPERIENCES, EMOTIONS, ATTITUDES, AND BEHAVIORS WITHOUT JUDGMENT. JUST OBSERVE YOUR FEELINGS AS IF YOU WERE A SILENT WITNESS. REMEMBER THAT THEY ARE POINTING YOU TO HIDDEN WOUNDS.

I INHALE.

E AND DON'T FORGET TO EXHALE. THIS WILL DEACTIVATE THE FEAR RESPONSE AND SHIFT YOUR PHYSIOLOGY SO THAT YOU CAN BECOME QUIET ENOUGH TO UNDERSTAND THE ROOT CAUSE OF YOUR FEAR RESPONSE.

L LISTEN TO YOUR THOUGHTS, EMOTIONS, AND SENSATIONS IN YOUR BODY AS YOU ASK THE BIG FOUR QUESTIONS:

- WHY AM I REACTING THIS WAY?
- WHAT WOUND FROM MY PAST IS THIS CURRENT SITUATION REOPENING?
- WHY DO I FEEL BAD IN THIS SITUATION?
- IN WHAT WAY IS THIS SITUATION REMINDING ME THAT I AM NOT ENOUGH OR DO NOT HAVE ENOUGH?

LISTEN TO THE ANSWERS AND WHAT YOUR UNCONSCIOUS MIND IS TRYING TO TELL YOU.

D DECIDE TO HEAL
PHYSIOLOGY. USE
OVERRIDE YOUR NEGATIVE
ACTIVE BELIEF SYSTEM

YOURSELF AND CHANGE YOUR
POSITIVE VERBAL COMMANDS TO
BELIEFS AND SUBSTITUTE YOUR
IN ITS PLACE.

**SPIRITUAL
LOVE**

Spiritual Love
enhances your
cushion of love by
trusting in
something larger
than yourself.

T
HE

*L*OVE

SELF-LOVE

Self-Love means learning to perceive yourself without judgment, and practicing self-nurturance. Taking care of your body with good nutrition and habits, paying attention to physical and emotional needs, and treating yourself the way you would treat someone you love helps build self-confidence and self-esteem to accept yourself just the way you are. This gives you a stronger sense of control, and your Fear Response stays dormant more often, keeping physiological responses in check and making you a healthier person.

SOCIAL LOVE

Social Love is the base of the Love Pyramid because your connection with other people defines what it means to be human. The love between you and others sustains you and gives your life reason and meaning. And without intimacy between two people, you would not exist. Learning to give love and receive love from others serves as a model for giving and receiving love to and from yourself and Spirit. Above all, Social Love affords you physical affection (embracing, holding, caring touch), a necessary part of keeping the Fear Response in check.

*P*YRAMID