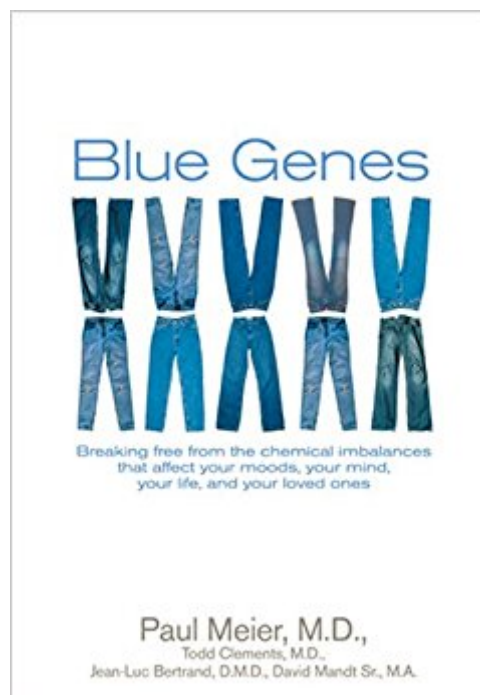




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Blue Genes: Breaking Free From The Chemical Imbalances That Affect Your Moods, Your Mind, Your Life, And Your Love Ones



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

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Customer Reviews

Paul Meier [www.paulmeiermd.com] is an M.D., psychiatrist, and ordained minister, and the founder of the Meier Clinics, a national chain of nonprofit Christian psychiatry clinics (1-888-7-CLINIC). He has also traveled to countries all over the world to train both professional and lay counselors, as well as missionaries and pastors, in the field of Christian counseling. He taught full-time for twelve years at Dallas Theological Seminary, where he disciplined Tony Evans, John Trent, John Townsend, Henry Cloud, and many other students. Dr. Meier was the team physician for a mountain-climbing expedition in 1985 with American astronaut Jim Irwin, attempting to find Noah's Ark on Mt. Ararat.

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.

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