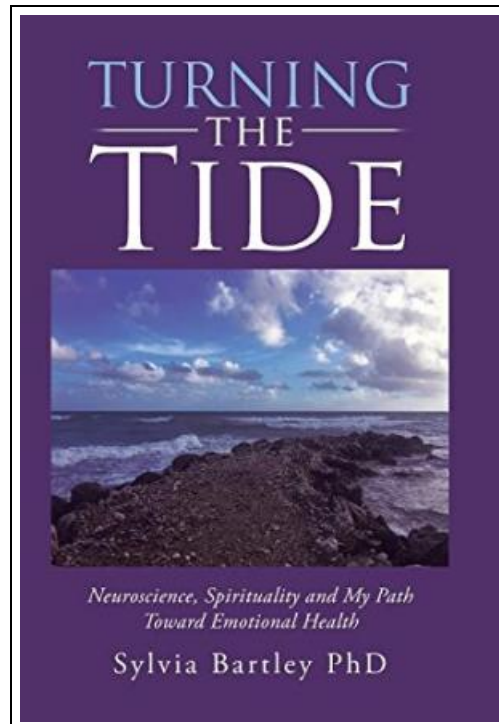


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Balboa Press, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In *Turning the Tide*, Dr. Sylvia Bartley shares how she manages her emotional health with non-traditional mindful practices. Recognizing her spiritual side and emotional health are intertwined and yet opposites, she takes the two fields of spirituality and science and blends them together in a pursuit of truth and wellbeing. Her scientific curiosity has helped her spiritual life evolve drastically, and in turn her spiritual life has been her foundation during the most rigorous moments of her scientific career. As a young girl and student she pushed through staggering forces working against her, and this journey shaped her spiritually and emotionally; her disciplined study of the brain has taught her about meditation, and how careful attention to her inner self has helped her give back to her community in profound ways. Dr. Bartley s central belief is simple: neuroscience and spirituality are not opposites, and can instead be used to feed and further each other. Individually, this union can have tremendous effects on our emotional health. Equal parts personal memoir, science writing, and spiritual exploration, *Turning the Tide* links our brains to our souls, while inspiring readers to change the world with that knowledge.



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