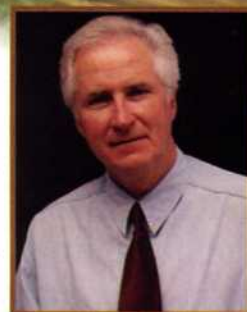


# From the Library **calm energy**

## How People Regulate Mood with Food and Exercise

by Robert E. Thayer, Ph.D.  
Oxford University Press, 2001  
Paperback Edition, 2003



If you've ever wondered why you eat when you aren't really hungry, why you can't stick to an exercise plan, or why you start diets repeatedly and repeatedly fail, then *Calm Energy* is for you! This book will enable you to understand *why* you make the choices you do and how to begin changing those seemingly automatic, detrimental patterns of behavior that compromise your health and diminish your quality of life.

"Much of what we do, day in and day out, revolves around our moods and the ways we attempt to manage them. Many people turn to food as a type of self-medication," explains author Robert E. Thayer, Ph.D., acclaimed mood scientist and Professor of Psychology at California State University, Long Beach. Why do we have moods, anyway? And what is their function? Understanding our own energy rhythms, according to Thayer, is one of the most significant prerequisites for managing our negative moods.

*Calm Energy* gently steers you toward self-awareness, allowing you to recognize your daily patterns of mood, self-regulation, stress, anxiety, and low energy. Learn *cognitive override* to triumph over the dietary craze perpetuated by manufacturers, TV commercials and fast-food chains.

Exercise, the author contends, is a vital link between food, mood, and energy. We all know that exercise is good for us, so

why aren't more of us exercising on a regular basis? "The answer, in a word, is mood," Thayer asserts. "Negative mood does not put us in the frame of mind to exercise. Even knowing that exercise will alleviate our mood may not be enough of an incentive when we feel drained." Prescribing physical activity, particularly a short, brief walk, as the ideal alternative to eating or other self-medicating behavior, Thayer outlines the inarguable physiological changes that occur within the human body when engaged in even minimal physical activity.

The author cites studies showing that just 10 minutes of walking significantly increased energy for 60 minutes! "We even found a weak but still significant effect 120 minutes after the walk," he says. "Think of it: only 10 minutes of brisk walking caused an hour or two of increased energy."

In his two previous books, *The Origin of Everyday Moods* (1996) and *The Biopsychology of Mood and Arousal* (1989) Dr. Thayer dealt with the theoretical issues of food, mood and exercise. Now, with *Calm Energy*, he focuses solely on the daily, even hourly interconnection between food, mood and exercise. Don't let negative habits keep you down. Fight back with *Calm Energy*. For more information, visit [www.calmenergy.com](http://www.calmenergy.com).