



Penelope Young Andrade, author of
*Emotional Medicine Rx, Cry When You're Sad,
Stop When You're Done, Feel Good Fast*

EmotionalMedicineRx.com



Self-help book proclaims emotions are medicine

“Emotional Medicine Rx: Cry When You’re Sad, Stop When You’re Done, Feel Good Fast” by Penelope Young Andrade, LCSW, describes how brief experiences of emotion lead quickly to confidence, calm

SAN DIEGO – After going through a terrible divorce, Penelope Young Andrade, LCSW, discovered the truth about emotional upset – when the body leads, emotions are over in minutes. She immediately knew she had to share this news with others and does so in her book, “Emotional Medicine Rx: Cry When You’re Sad, Stop When You’re Done, Feel Good Fast” (ISBN 0615517080). Andrade says the key to overcoming tough situations in life is by shifting attention from distressing thoughts to the body’s brief experience of sad, mad, scared emotions. In three minutes or less the body will be done releasing emotion and ready to feel good.

“Emotional Medicine Rx” offers unique yet practical methods for turning feelings of anger, despair or hopelessness into positive emotions. Most books on emotion recommend changing the way one thinks to change the way one feels. Andrade’s advice is exactly opposite. She suggests changing the way one feels changes the way one thinks. This is done, she says, by changing focus from the stories about any upset to the emotions accompanying that upset as they cycle briefly through the body.

“Fortunately, everyone has the power of choice and awareness to help make the distinction between the simple movement of feelings and the complexity of stuck mental states,” Andrade says. “Surprisingly, learning to focus on the good feelings that automatically follow any brief emotional release opens the door not only to feeling happy, but often leads to a spiritual experience or connection with the divine.”

Book Description

For over 30 years Penelope Andrade has taught others how to use the wisdom of their own feelings and body messages to enrich and deepen their emotional, intellectual, physical and spiritual well being. Here, for the first time, she makes her unique and highly effective prescription available to readers.

The author’s deep knowledge and compassion shine through on every page, sharing life lessons, offering transformational anecdotes, and describing in easy-to-understand terms the cutting edge scientific research that’s at the core of her amazing work.

The authors’ insights ring with truths that are confirmed by our own hearts. The book is as inspiring as it is informative. Includes guidelines for healing anxiety and depression without medication.

Event Photos



Book Interviews and Talks

As a former Talk Radio host Penelope Andrade gives good radio! She is also a lively and engaging speaker. Audiences in the US and Europe appreciate her authenticity, knowledge and invitation to view emotional experience in an entirely new way. Penelope helps audiences everywhere discover the true purpose of emotions—that they are a delivery system for feeling good fast when you let the body lead. Combining mindfulness, body experience, and emotional neuroscience into a tasty stew of information, *Penelope not only inspires people, she is fun and entertaining!*



Readers Rave About Emotional Medicine Rx

amazon.com

4 of 4 people found the following review helpful

★★★★★ **A heartfelt book that works with and for your emotions**

By [R. Werdinger](#) on October 30, 2011

3 of 3 people found the following review helpful

★★★★★ **Loaded with great insights, valuable action tips, and fascinating case studies**

By [Susan Schenck](#) [TOP 500 REVIEWER](#) [VINE VOICE](#) on November 5, 2012

★★★★★ **Finally! A book for healing of the emotional body!**

As has been the case with all effective processes, Penelope has created and tested this approach and process from deep within the center of her own heart space.



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Paperback

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Available through Amazon, Barnes and Noble, Kindle, New Leaf, and Independent Bookstores

Twitter/Facebook Posts

- The next time you think you're happy, drop your awareness into your body to see what happiness **feels** like.
- A new mantra for the 21st century - I feel, therefore I am.
- Emotions are brief and temporary.
- Men experience as much depression as woman, but no one's talking about the real problem with depression.
- No matter how much you long for love, unless you are open to it body and soul, you won't get it.
- Stress causes stomach aches in kids and adults. Welcoming brief sad, mad, scared emotions can help.
- Without emotions there would be no great art, great music, great books, great thought, or great sex.
- If you change the way you feel, you can change the way you think!
- Burping is good! A bloated stomach is like a stagnant swamp, while a gurgling stomach is like a moving stream
- When you feel good, it's much easier to love yourself. It's also much easier to love others.
- Through presentation & process, experience your emotions as the amazing resource they are for happiness, vitality & inner peace.
- Believing emotions are negative is the #1 myth preventing people from benefiting from the feel-good "medicine" they're designed to deliver.
- Louis C.K. endorses emotional medicine! He reminds us we are lucky to be sad and cry 'like bitches' because as soon as we stop crying true, profound happiness comes rushing in. Sound familiar? This is what my book Emotional Medicine Rx: Cry When You're Sad, Stop When You're Done, Feel Good Fast (EMRx) is all about!

What fans are saying on Facebook —

"Love Emotional Medicine! This book and approach is practical, humorous, and most of all, VERY helpful. Thank you Penelope!"

[Jen Maurer](#)

"Hi Penelope, Ginger Breggin here-- I've been enjoying reading your Emotional Rx book."

[Ginger Breggin](#)

"An extremely useful book for personal insight and growth."

[Jolinda Marshall](#)



Speaking Engagements

In-Service Training July 2013
Cooper Riis Healing Community
Asheville, NC

EMRx Presentation July 2013
Malaprops Bookstore
Asheville, NC

Psychosynthesis Conference June 2013
Burlington, VT

Sharp Rehab Hospital June 2013
Grey Matters: Brain Injury Support Group
San Diego, CA

Empathic Therapy Conference April 2013
Syracuse, NY

San Diego North County California Association of
Marriage and Family Therapists February 2013
Carlsbad, CA

San Diego Chapter of American Society of Dowsers
February 2013
San Diego, CA

Encinitas Library Book Talk November 2012
Encinitas, CA

EMRx Presentation Women's Health Day
Keynote Speaker October 2012
Glen Ivy Hot Springs
Lake Elsinore, CA

EMRx First Aid at Philosophical Library's
Community Day October 2012
Escondido, CA

Dr. Breggin's Live Radio Broadcast September 2012

International Psychosynthesis Conference, Rome
Italy June 2012

Emotional Medicine Rx Author Talk and Workshop
at the Philosophical Library May 2012
Escondido, CA

About the Author

Penelope Young Andrade, LCSW, is a licensed clinical social worker and founder of the San Diego Center for Psychosynthesis, author of the popular Transformational Talk Column and former host of Transformational Talk Radio on KCBQ AM San Diego. Andrade has been an adjunct professor at San Diego University for Integral studies and the Natural Healing Institute. She and her husband, Arturo developed and tested the VIVO Oral Focus method for body oriented self-soothing.

...Speaking Engagements

EMRx Prison Talk at the Metropolitan Women's
Correctional Center in NYC May 2012

Synthesis Center Conference April 2012
Keynote address
Amherst, MA

Book Signing/Reading April 2012
Mira Mesa Barnes and Noble
San Diego, CA

San Diego Living TV Show April 9, 2012
Channel 6 the CW

EMRx San Carlos Library March 2012
San Diego, CA

Local Author Meet & Greet March 2012
IPSB (International Professional School of Bodywork)
San Diego, CA

Book Signing/Reading February 2012
Warwicks Book Store
La Jolla, CA

Introduction to Emotional Medicine January 2012
Controversial Bookstore
San Diego, CA



GLEN IVY SPA

BARNES & NOBLE
BOOKSELLERS



Cooper Riis
Healing Community
Mind and Heart Working Together



Editorial Reviews

“Andrade’s sure footed presentation of emotional medicine...guides readers to live comfortably in their bodies: treating the body as a spiritual and emotional ally; communicating with the body through the language of sensation (including a terrific cheat sheet on what those sensations just might be saying); handling certain anxiety and depression issues through attention to what’s being put into the body; the body cues that reveal when it’s time to stop an emotional outpouring. Throughout, there are “action tips” on how readers can tune into their bodies, from top-down body checks to mapping where particular emotions are and how they express themselves. A sensually specific guide to rolling emotions to find the bright side of the road.”

The Kirkus Indie Review

Endorsements

“Emotional Medicine Rx” is an eminently practical, accurate manual for creating health in mind, body and spirit. I highly recommend it.”

Christiane Northrup, MD

Author of Mother-Daughter Wisdom, The Wisdom of Menopause, and Women’s Bodies, Women’s Wisdom

“So much wisdom here, so much heart, so much knowledge. And so accessible and practical. This book is a treasure. Emotional Medicine Rx shows readers clearly and precisely how our emotions can be portals to well being. I highly recommend it. Listen to the doctor and take your Emotional Medicine. It will help you have more happiness in your life.”

Diana Fosha, Ph.D.,

Creator of AEDP (Accelerated Experiential Dynamic Psychotherapy,) author of The Transforming Power of Affect and editor, with Dan Siegel and Marion Solomon, of The Healing Power of Emotions: Affective Neuroscience, Development, and Clinical Practice

“How wonderful to find a book that connects so intimately with readers, where the author is as deeply concerned about how her words might affect us as she is with delivering her message. She anticipates our hopes and fears, describing wisdom tools to ease our lives while gently prompting us to deepen our self-knowledge. Reading this book is an experience of love.”

Hal Zina Bennett,

Author of Write From the Heart: Unleashing the Power of Your Creativity

...Endorsements

“Penelope Young Andrade is a wise, compassionate, and deeply committed professional with a strong, compelling vision of emotional healing. She helps us see and experience how changing our innermost feelings will cause our thoughts and actions to follow suit and our lives to change for the better. This is an important book that can help people heal and grow in meaningful ways.”

Jeremy Geffen, MD

Author of *The Journey through Cancer: Healing and Transforming the Whole Person*

“This is a book that teaches us how to listen to our best inner guide and teaches us how to follow the compass of our deepest emotions into a fuller and more healthy life. You will not regret reading it.”

Sue Johnson, PhD

Creator of Emotionally Focused Couple Therapy (EFT) Author of *Hold Me Tight: Seven conversations for a lifetime of love*

“Written from the heart, this book connects with many of the processes research is showing are helpful to human growth and the alleviation of human suffering. Facing the challenge of difficult feelings and thoughts is important for every human on the planet and this book is an aid in that process.”

Steven C. Hayes, University of Nevada

Author of *Get Out of Your Mind and Into Your Life*

“Penelope Andrade shows us the too-often-ignored approach to natural healing – our emotions. It’s time we pay attention to her words – and to this rich, information-filled source of living and healing naturally.”

Barry Vissel, MD and Joyce Vissell, RN, MA

Authors of *The Shared Heart* and *The Heart’s Wisdom*

“Penelope Young Andrade is a master of emotions. This book offers in-depth insight into dealing with the emotions that course through our daily lives. A must read for those desiring to know how to live in harmony with themselves with a fulfilling sense of peace and equanimity.”

Jaqueline Lapa Sussman, M.A.

Author of *Freedom From Failure: How to Discover the Secret Images that Can Bring Success in Love, Parenting, Career, and Physical Well Being* and *Images of Desire: A Return to Natural Sensuality*

Press Coverage

Mission Times Courier May 2012

San Diego Living, CH 6 April 9, 2012

Midwest Reviews Book Watch May 2012

Total Health Online Interview November 2012

Psychosynthesis Lifeline Vol.XXV Summer-Fall 2013

Psychosynthesis Quarterly September 2013

International Journal of Body Psychotherapy (In Press)



"Andrade's writing style is cheerful, encouraging, and casual enough that you get the feeling that she is sitting across your kitchen table talking with you, often with an engaging sense of humor."

Review by Jan Kuniholm
Psychosynthesis Quarterly

"Penelope is a masterful and gifted psychotherapist, whose fantastic book details the importance of restoring the ability to experience all of one's emotions for complete health in both body and mind."

Jacqueline Lapa Sussman, MS, LPC
Total Health Magazine Online

"With tips and advice for making one's emotional health flourish, Emotional Medicine Rx is a strong pick for self-help and empowerment collections."

Michael J. Carson,
Midwest Book Review



Awards

Runner up Best Spiritual Book, Los Angeles
Book Awards, March 2012

Finalist for San Diego Book Awards, June 2012

Finalist for Indie Book Awards, July 2012

1st Place Indie Excellence Awards August 2012



July 2013

Are you having enough fun in your spare time?

Are you having enough fun in your free time? Studies have shown that watching TV or scrolling Facebook feels good for about 30 minutes. After that, those passive leisure activities often leave you feeling drained and lethargic. The problem is those siren screens seem irresistible. You're tired, they're there, and furthermore your brain is wired to seek the path of least resistance. Active leisure like crafting, playing an instrument, painting, takes effort. Finding strategic ways to make satisfying activities more alluring is a real challenge.

Here's the tip. First, ask yourself if you'd like to have more fun in your life. If the answer is no and you're enjoying life plenty...go play! If no, but it's too overwhelming to think about, consider seeking support for healing old habits of denying pleasure.

If yes, and you're ready to do something about it, take a moment to appreciate yourself. You're reaching out for more fulfillment! Next, take an inventory of the engaging activities/projects that are just now gathering dust in your garage, basement, spare room. Finally, and this is really important, find a way to bring one or two of those items prominently, permanently into your living space...You want those paints, knitting needles, instruments as obvious and accessible as your remote and mouse. (For a hard-core effort, take batteries out of the remote and unplug the computer!)

Remember, the first few minutes of doing something new may be uncomfortable, but the last few minutes will likely fill you with joy.

The Life Connection Magazine

Feature Column: Transformational Talk

Monthly Publications

September 2013
On Receiving Love

August 2013
Are You Too Important?

July 2013
Are You Having Enough Fun in Your Spare Time?

June 2013
Are You Ready To Be Your Own Good Father?

May 2013
Are You Ready To Be Your Own Good Mother?

April 2013
Are You Troubled By Envy of Friends or Loved Ones?

March 2013
Difficulty Finding a Niche in Your Work?

