

Emotional Inflammation

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Synopsis

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A Powerful Guide for Overcoming the Emerging Emotional Challenge of Our Turbulent Times.

A rising number of people today are troubled by a phenomenon for which they don't know there's a name. This condition is called ***emotional inflammation*** - a state not unlike post-traumatic stress, but one that stems from simply living in today's tumultuous world. If you've suffered from sleep problems, hyperreactivity, persistent grief, or inescapable worry about the future - especially triggered by the nonstop news cycle - then you're probably dealing with emotional inflammation. The good news is: there's something you can do about it.

Using the RESTORE Method for Your Unique Reactivity Type

With *Emotional Inflammation*, general and forensic psychiatrist Dr. Lise Van Susteren joins writer Stacey Colino to present a breakthrough guide for addressing this uniquely modern affliction. You'll begin by determining your "reactor type" to better understand how your body and mind respond to stress overload. Then you'll learn the vital steps of the RESTORE program for recovering balance, resilience, and joy in your life.

You can't always control the crises and catastrophes that are swirling around you. But that doesn't mean you need to be at their mercy. This unabridged audio of *Emotional Inflammation* is an invaluable guide to help you cope with the challenges of a turbulent world; calm your body and mind; and reclaim a sense of peace, purpose, and connection to others.

The RESTORE Program:

- Recognize Your Feelings: identify, unpack, and learn from difficult emotions
- Evaluate Your Triggers: what sets you off and how to stop it
- Steady Your Body's Natural Rhythms: recover your healthy internal equilibrium
- Think Yourself into a Safe Space: how to remain flexible and adaptable
- Obey Your Body: self-care practices for diet, exercise, and stress management
- Reclaim the Gifts of Nature: revitalize your connection to the natural

world Exercise Your Power: become an "upstander" who takes action with compassion, hope, and love

Reader's comments

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