



The Stress Rx

A Neurologist's Ayurvedic Prescription for Happiness and Health

by Trupti Gokani



Non-Fiction - Self Help

272 Pages

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Book Review

Reviewed by K.C. Finn for Readers' Favorite

The Stress Rx by Dr. Trupti Gokani is a powerful prescription for holistic well-being, written by a neurologist who blends modern brain science with ancient Ayurvedic wisdom. This is a work that draws on decades of clinical experience, and the doctor's unique Three Brain Model™ reveals how stress, not diet, exercise, or supplements, is the root cause of most health issues. Through clear insights and transformative practices, she empowers readers to shift their mental programming, reconnect with their true nature, and finally find lasting balance. Rather than treating symptoms, this guide goes deeper, offering a life-changing roadmap for aligning body, mind, and spirit in a way that feels intuitive and sustainable.

Author Trupti Gokani writes with a direct, no-nonsense style that's also laced with poignant, personal moments, and this brilliant fusion of Eastern and Western medicine offers some really groundbreaking viewpoints on stress management and the connection between stress and health. So often we're told that stress is a major health factor, but very few books actually break down what it's doing to your body, let alone what you can do to reverse that process. But Dr. Gokani has come to our rescue with clear, accessible prose, taking complex science and re-explaining it with actionable wisdom and compassion for the pressures of modern life. I was really interested in the psychological factors, particularly as someone who suffers with stress a lot, and there are some truly transformative insights into how our brains process stress, and how we can reclaim control through lifestyle and thought process changes to how we approach life. Overall, I'd definitely recommend The Stress Rx as a must-read for anyone seeking a deeper, more sustainable path to wellness and inner peace.