

## NOTES

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### INTRODUCTION

1. Andrew Steptoe et al., “Neuroendocrine and Inflammatory Factors Associated with Positive Affect in Healthy Men and Women: The Whitehall II Study,” *American Journal of Epidemiology* 167, no. 1 (January 2008), <https://doi.org/10.1093/aje/kwm252>.
2. Ruth Buczynski, PhD, and Dan Siegel, MD, “The Neurobiology of Trauma,” *National Institute for the Clinical Application of Behavioral Health* (October 2017): 21–22. Neurobiology tells us what we do with our minds can alter the molecules of our health. Telomeres are part of our DNA strands, which decrease with age and stress. The best predictors for how these strands are optimized comes down to what we do with our mind.

### CHAPTER 1: JOY, TRAUMA, AND BUILDING OUR HOUSE

1. E. James Wilder et al., *Living from the Heart Jesus Gave You* (East Peoria, IL: Shepherd’s House, Inc., 2013), 83–89.
2. Learn more about THRIVE Training at [thrivetoday.org](http://thrivetoday.org).
3. The work of developmental neuropsychologist Dr. Allan Schore from UCLA says regulating high-energy states (joy)

to sharing low-energy states (rest) are the best predictors for lifelong mental health.

4. Corrie ten Boom, *The Hiding Place* (Grand Rapids: Chosen Books, 2006), 220.
5. Genes and experience have a close partnership. Genes do not act apart from experience, which determines when and how genes express themselves over time. Maturation of the brain is experience-dependent and heavily influenced by caregiver reactions. Allan Schore, "Early Organization of the Nonlinear Right Brain and Development of a Predisposition to Psychiatric Disorders," *Development and Psychopathology* 9, no. 4 (1997): 595–631; Schore, *Affect Regulation and the Origin of the Self: The Neurobiology of Emotional Development* (Hillsdale, NJ: Lawrence Erlbaum Associates Publishers, 1994), 9–20.
6. The brain's "joy center" is the right-hemisphere orbital prefrontal cortex, which reaches its peak between eight and ten months of life and is impacted by early social experiences. Schore, *Affect Regulation and the Origin of the Self*; Schore, "The Experience-Dependent Maturation of an Evaluative System in the Cortex," in K. Pribram, ed., *Brain and Values: Is a Biological Science of Values Possible?* (Mahweh, NJ: Lawrence Erlbaum Associates Publishers, 1998), 337–58.
7. Schore, *Affect Regulation and the Origin of the Self*.
8. The relational right hemisphere is dominant in preverbal human infants, and indeed for the first three years of life. Allan Schore, "Attachment and the Regulation of the Right Brain," *Attachment & Human Development* 2, no. 1 (April 2000): 23–47.

**CHAPTER 2: THE BRAIN SCIENCE OF JOY**

1. Visit “Morejoy Harvard” at <https://hwpi.harvard.edu/morejoy/cultivate-joy-at-work>.
2. Visit the following link for the Yale Center for Faith & Culture at Yale Divinity School: <https://faith.yale.edu/legacy-projects/theology-of-joy>.
3. fMRI technology was developed around 1991 and tracked blood flow in the brain so that it became possible to see which parts of the brain “lit up” during various tasks and emotions.
4. Dr. Allan Schore is on the clinical faculty of the Department of Psychiatry and Biobehavioral Sciences and UCLA David Geffen School of Medicine. He is author of six seminal volumes, *Affect Regulation and the Origin of the Self*, *Affect Dysregulation and Disorders of the Self*, *Affect Regulation and the Repair of the Self*, *The Science of the Art of Psychotherapy*, *Right Brain Psychotherapy*, and *The Development of the Unconscious Mind*, as well as numerous articles and chapters. His Regulation Theory, grounded in developmental neuroscience and developmental psychoanalysis, focuses on the origin, psychopathogenesis, and psychotherapeutic treatment of the early forming subjective implicit self: [www.allanschore.com](http://www.allanschore.com).
5. The expression “Einstein of psychoanalysis” can be found in an article titled “An Interview with Dr. Allan Schore” in *The Science of Psychotherapy*, July 14, 2014, <https://www.thescienceofpsychotherapy.com/an-interview-with-allan-schore>.
6. “Allan Schore: Joy & Fun,” YouTube, July 11, 2011, <https://www.youtube.com/watch?v=Y0iocZu1mVg>.

7. These influencers include people like Daniel Siegel, Daniel Amen, Bessel van der Kolk, Antonio DaMasio, and Iain McGilchrist, to name a few.
8. Jeffrey Kluger, “The Power of Joy,” *Time*, November 13, 2020.
9. E. James Wilder et al., *Joy Starts Here: The Transformation Zone* (East Peoria, IL: Shepherd’s House, Inc., 2013), 237.
10. In his many works, Dr. Schore placed a bright spotlight on research that demonstrates infants respond with joy when they see the “sparkle” on the mother’s face in response to seeing the child. The joyful responses between parents and children form a foundational element of attachment theory. Schore says that infants and mothers are “psychobiologically” attuned as both of their right hemispheres connect through eye contact. Allan Schore, *Affect Regulation and the Origin of the Self: The Neurobiology of Emotional Development* (Hillsdale, NJ: Lawrence Erlbaum Associates Publishers, 1994), 76.
11. Schore, *Affect Regulation and the Origin of the Self*, 136. Schore states the emotionally expressive face of the imprinting object stimulates infant opioid production as part of the attachment process. In mutual face-gazing experiences, the mother’s face activates high levels of endogenous opiates, natural opioids, in her infant. H. S. Hoffman, “Imprinting and the Critical period for Social Attachments: Some Laboratory Investigations,” in M. H. Bornstein, ed., *Sensitive Periods in Development: Interdisciplinary Studies* (Hillsdale, NJ: Lawrence Erlbaum Associates Publishers), 99–121.

12. Ibid.
13. Susan Kuchinskas, *The Chemistry of Connection: How the Oxytocin Response Can Help You Find Trust, Intimacy, and Love* (Oakland, CA: New Harbinger Publications, 2009), 12–14.
14. Ibid., 2.
15. Brady Wilson, “The Big Release: 3 Brain Hacks to Give You Brilliance on Demand,” Inc., May 31, 2016, <https://www.inc.com/brady-wilson/the-big-release-3-brain-hacks-to-give-you-brilliance-on-demand.html>.
16. These concepts are introduced in E. James Wilder et al., *Living from the Heart Jesus Gave You* (East Peoria, IL: Shepherd’s House, Inc., 2013).
17. The prefrontal cortex, which has two subdivisions, the orbitofrontal and dorsolateral cortices, make up 30 percent of the total cortical mass of the human brain. Schore, *Affect Regulation and the Origin of the Self*, 42.
18. Wilder, et al., *Living from the Heart Jesus Gave You*, 83–89.
19. The infant-mother mutual gaze interactions, or “affect synchrony,” start around two months and provide the opportunity for a number of brain areas and skills to develop. Schore, *Affect Regulation and the Repair of The Self*, 113–22.
20. Allan Schore, *Affect Dysregulation and Disorders of the Self* (New York: W. W. Norton & Company, 2003), 112–115; Wilder, et al., *Living from the Heart Jesus Gave You*, 78.
21. Wilder et al., *Living from the Heart Jesus Gave You*, 74–81.
22. Marcus Warner and Chris M. Coursey, *The 4 Habits of Joy-Filled Marriages* (Chicago: Northfield Publishing, 2019).

**CHAPTER 3: CALMING: HABIT #1**

1. Search YouTube for “Shalom My Body,” or use this link: <https://bit.ly/39PNH79>.
2. Marcus Warner and Stefanie Hinman, *Building Bounce: How to Grow Emotional Resilience* (Carmel, IN: Deeper Walk International, 2020).
3. A portion of this exchange and others is available on the “Chris Coursey—THRIVEtoday” YouTube channel. The video is called “Return to Joy from Fear Training.”
4. Learn more about getting our relational footing in emotions in Chris Coursey, *The Joy Switch: How Your Brain’s Secret Circuit Affects Your Relationships—And How You Can Activate It* (Chicago: Northfield Publishers, 2021).
5. Two “Shalom My Body” videos are posted on the “Chris Coursey—THRIVEtoday” YouTube page: “The Joy Switch: Shalom My Body” and “Shalom My Body Exercises.”

**CHAPTER 4: APPRECIATING: HABIT #2**

1. Liz Mineo, “Good Genes Are Nice, but Joy Is Better,” *Harvard Gazette*, April 11, 2017, <https://news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-study-has-been-showing-how-to-live-a-healthy-and-happy-life>.
2. This Harvard study has spent over seventy-five years tracking 724 men, while sixty are still alive into their nineties. The study continues to follow the participants’ more than two thousand children. Robert Waldinger, “What Makes a Good Life? Lessons from the Longest Study on Happiness,” YouTube, January 25, 2016, <https://www.youtube.com/watch?v=8KkKuTCFvzI>.

3. Mineo, “Good Genes Are Nice, but Joy Is Better.”
4. For a summary of this TED Talk and interview with the director of the study, Robert Waldinger, visit [adultdevelopmentstudy.org](http://adultdevelopmentstudy.org).
5. Ibid.
6. The work of developmental neuropsychologist Dr. Allan Schore says regulating high-energy states (joy) to sharing low-energy states (rest) are the best predictors for lifelong mental health.

## **CHAPTER 6: MATURITY AND THE BIG SIX PROTECTOR EMOTIONS**

1. These maturity stages are based on the Life Model and the work of Dr. Jim Wilder.
2. Learn more at [lifemodelworks.org](http://lifemodelworks.org).
3. Sue Gerhardt, “The Power of a Smile,” The Natural Child Project, [https://www.naturalchild.org/articles/guest/sue\\_gerhardt.html](https://www.naturalchild.org/articles/guest/sue_gerhardt.html).
4. Manas K. Mandal and Nalini Ambady, “Laterality of Facial Expressions of Emotion: Universal and Culture-Specific Influences,” *Behavioural Neurology* 15 (2004): 23–34, <https://doi.org/10.1155/2004/786529>.
5. Allan Schore, “A Neuropsychoanalytic Viewpoint: Commentary on Paper by Steven H. Knoblauch,” *Psychoanalytic Dialogues* 15, no. 6 (2005): 829–54, <https://www.allanschore.com/pdf/SchorePsychoanalyticDial05.pdf>.
6. Bill Atwood, *The General, The Boy, and Recapturing Joy* (Frisco, TX: Ekklesia Society Publishing, 2020), 67.

7. This story is included in Chris Coursey, *The Joy Switch: How Your Brain's Secret Circuit Affects Your Relationships—And How You Can Activate It* (Chicago: Northfield Publishing, 2021).

#### **CHAPTER 7: ATTACK TOXIC THOUGHTS: HABIT #4**

1. Daniel G. Amen and Mike Marino, *Feel Better Fast: Learn How to Think Positive & Kill the ANTs That Ruin Your Happiness* (A.C.I. Clinical Audio Series, 2005).
2. Daniel Amen, “Do You Have an ANT Infestation in Your Head?,” Amen Clinics, September 16, 2020, <https://www.amenclinics.com/blog/do-you-have-an-ant-infestation-in-your-head/>.
3. See Marcus Warner, *Understanding the Wounded Heart and What Every Believer Should Know About Spiritual Warfare*.
4. Andrew Huberman, “The Science of Gratitude & How to Build a Gratitude Practice | Huberman Lab Podcast #47,” YouTube video, November 22, 2021, <https://www.youtube.com/watch?v=KVjffN89qvQ>.

#### **CHAPTER 8: SATISFACTION**

1. All nineteen relational skills can be found at [thrivetoday.org](http://thrivetoday.org). See also Chris Coursey, *Transforming Fellowship: 19 Brain Skills That Build Joyful Community* (Coursey Creations, LLC, 2022).