



# The Face of Emotion: How Botox Affects Our Moods and Relationships

*Eric Finzi*

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# The Face of Emotion: How Botox Affects Our Moods and Relationships

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## **The Face of Emotion: How Botox Affects Our Moods and Relationships** Eric Finzi

With compassion and insight, pioneering dermatologist Eric Finzi demonstrates the privileged role our facial expressions have in our lives, for our emotions, feelings, and relationships. We discover, through stories of individuals as well as current research, how our smiles and frowns powerfully affect our mental and physical health. He shows us how our moods, happiness, and valuations of the world are directly influenced by the unconscious faces we make. Finzi shows us through clinical trials his surprising discovery that Botox can be used to treat depression, even in patients who had been suffering for years. Finzi argues that Botox helps control the flow of negative emotions by inhibiting frowning, and how this feeds back to our brain to make us happier. A bold call to reevaluate how our minds really work, his provocative book introduces a new approach to mental health.

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