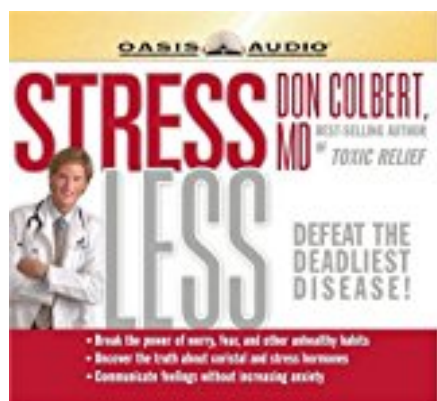


[PDF] Stress Less

Don Colbert, Tim Lundeen - pdf download free book



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Description:

From the Back Cover Stress less, live longer, and enjoy life!

Do you want a stress-free life? You won't find the answer on the shelves of a pharmacy.

New York Times best-selling author Dr. Don Colbert gives you the tools you need to address the stress in your life from a mental, emotional, physical, and spiritual standpoint. Using scientific evidence, anecdotal stories, biblical principles, and practical, proven theories, Dr. Colbert, who "lived, walked through, and overcame extreme stress," will challenge and convince you to make lifelong changes.

Stress Less can help you:

- Control your thoughts
- Define or redefine your relationships
- Learn to relax using simple techniques
- Realize that your perceptions determine what you label as stressful or not stressful

How much stress can you eliminate from your life? The answer is, a great deal. Discover how you can live in harmony and peace! --This text refers to the edition.

About the Author

Don Colbert, MD, is board-certified in family practice and anti-aging medicine. He has also received extensive training in nutritional and preventative medicine, and he has helped millions of people to discover the joy of living in divine health. In addition to speaking at conferences, he is the author of the New York Times best-selling book *The Seven Pillars of Health*, along with best sellers *Toxic Relief*, the Bible Cure series, *Living in Divine Health*, *Deadly Emotions*, and *What Would Jesus Eat?*

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