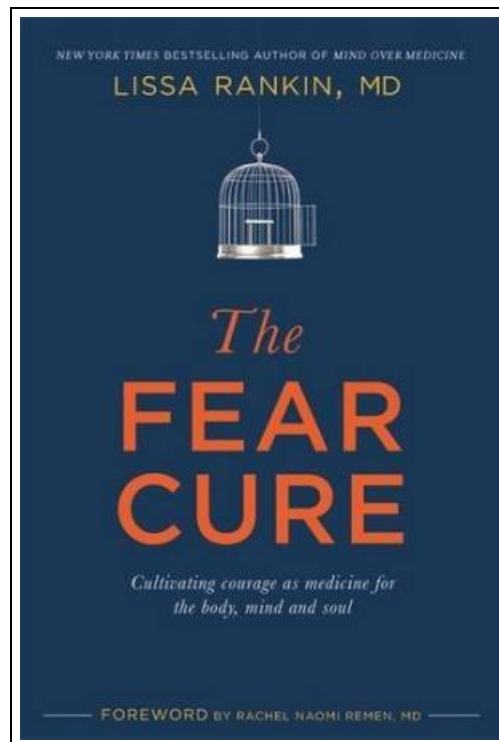


The Fear Cure: Cultivating Courage as Medicine for the Body, Mind and Soul



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Reviews

The ideal pdf i at any time go through. It is really basic but unexpected situations from the fifty percent of your pdf. Its been designed in an extremely easy way and is particularly only after i finished reading this pdf through which really changed me, alter the way i really believe. (Prof. Kendrick Stracke)

THE FEAR CURE: CULTIVATING COURAGE AS MEDICINE FOR THE BODY, MIND AND SOUL



Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, The Fear Cure: Cultivating Courage as Medicine for the Body, Mind and Soul, Lissa Rankin, Dr Lissa Rankin realized that fear is not just a nuisance emotion that makes us unhappy; it's a serious risk factor for disease that threatens our longevity. The body's physiological response to fear raises patients' risk for conditions from heart disease to diabetes to cancer - and even when patients know what they need to do in order to heal, fear often holds them back. In The Fear Cure, Dr Rankin presents a breakthrough understanding of fear, courage and health, exploring the psychospiritual roots of disease and charting a path back to wellness in body and soul. Using peer-reviewed studies and scientifically proven techniques, she shows readers how fear operates and what can be done to reduce its damaging effects. Featuring a practical six-step process aligned with New York Times bestseller Mind Over Medicine, The Fear Cure also includes: how a fearful thought translates into physiologic changes throughout the body that disable the body's natural self-healing mechanisms; the difference between 'clean fear' (the kind that arises from a genuine, present threat) and 'dirty fear' (which leads to unnecessary stress responses that put us at risk for disease); and how mustering up courage not only heals our body, it heals our entire life.



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