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# 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...

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- Authored by Lissa Rankin
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