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The Bible Cure for Stress

By Don Colbert

Siloam Press, United States, 2002. Paperback. Book Condition: New. 163 x 102 mm. Language: English . Brand New Book. You can live a less-stressed life! Feeling stressed out? If stress is making you feel like a kettle that's reached its boiling point, then this easy-to-read booklet is for you! You can reclaim control over your spiritual, emotional and physical health and conquer stress today. Learn biblical secrets about dealing with stress, and uncover the latest medical research that can set you free. This practical little book will help you: Understand the roots of stress Strategize the nutrition and supplements to conquer stress Optimize the effects of exercise on a stressed body Recognize good stress vs. bad stress You want to be healthy. God wants you to be healthy. Now at last, here's a source of information that will help you get healthy--body, mind and spirit.



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