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Deadly Emotions Understand The Mind

Deadly Emotions: Understand the Mind-Body-Spirit Connection That Can Heal or Destroy You [Don Colbert] on Amazon.com. *FREE* shipping on qualifying offers. Did you know that negative emotions can adversely affect your health? Depression, anger, guilt, condemnation

Deadly Emotions: Understand the Mind-Body-Spirit ...

Community Reviews. Destructive emotions have toxic effects on the body and result in a wide range of serious illnesses - hypertension, arthritis, multiple sclerosis, irritable bowel syndrome, and even some types of cancer. In Emociones que Matan, Dr. Don Colbert teaches that you don't have to be at the mercy of your emotions.

Deadly Emotions: Understand the Mind-Body-Spirit ...

diseases to an epidemic of deadly emotions in our culture. Heart disease, hypertension, strokes, incidences of cancer, ulcers, skin diseases, and headaches all seem to be on the rise, in spite of decades of research and innovative treatments to treat these diseases once we diagnose them.

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Deadly Emotions: Understand the Mind-Body-Spirit ...

Depression, anger, guilt, condemnation, low self-esteem-these are only a few of the lethal toxins that threaten body and spirit. Offering a clear definition of deadly emotions-what they are, where they come from, how they manifest themselves, and their effects on the body-Dr. Colbert uses scientific evidence to support his views.

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Depression, anger, guilt, condemnation, low self-esteem, these are only a few of the lethal toxins that threaten body and spirit. Best-selling author Dr. Don Colbert explores the deadly effect of negative emotions on the body, mind, and spirit, and offers techniques for releasing these toxic catalysts.

Deadly Emotions (Audiobook) by Don Colbert | Audible.com

Strong emotions--the ones we all deal with--can lead to "deadly" results when they are not controlled by the Holy Spirit. But Michelle also learned how God can use the emotions He gave us to help us live the way He intended--in peace, joy, and freedom.

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emotions cause our body to release helpful chemicals. Negative emotions cause the release of harmful chemicals. What the Research Says: Don Colbert, M.D. author of Deadly Emotions: Understand the Mind-Body-Spirit Connection That Can Heal or Destroy You, writes "I've worked with countless people who have discovered that once

Think Spiritual Thoughts/Renew Your Mind... A Spiritual ...

In general, DEADLY EMOTIONS is an eye-opening guide to our responsibility for many of the illnesses we experience and to the possibility of creating a healthier emotional state." D.J.B. (c) AudioFile Portland, Maine " "It's refreshing when a physician provides research to back up claims in the sometimes ephemeral field of the mind-body ...

Deadly Emotions: Understand the Mind-Body-Spirit ...

Dr. Colbert offers a clear definition of deadly emotions: what they are, where they come from, how they manifest themselves, and their effects on the body, using scientific evidence to support his views. He sheds insight on the role of nutrition in removing physical toxins and offers further hope in the power of forgiveness, repentance, and faith.

Deadly Emotions: Understand the Mind-Body-Spirit ...

Get this from a library! Deadly emotions: understand the mind-body-spirit connection that can heal or destroy you. [Don Colbert] -- The bestselling author of "What Would Jesus Eat?" explores the deadly effect of negative emotions on the body, mind, and spirit, and offers techniques for releasing these toxic catalysts. (Christian).

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