

Stress is a leading cause of common health problems. We may take it lightly, but it can affect every part of our being, causing a wide range of troubles. Healthy bodies and Healthy Souls is a series of books on a variety of health related issues written for busy people who want to take an active part in determining their own level of well being. Each book focuses on treating the whole person rather than just underlying symptoms, offering simple and effective self-care advice and personal guidance.

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