



Mind As Healer Mind As Slayer: A Holistic approach to Preventing Stress Disorders (A Delta Book)

Kenneth Pelletier

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Dealing with a subject that is ever-present in today's news, Mind as Healer, Mind as Slayer is a seminal book on the link between stress and four major types of illness--cardiovascular disease, cancer, arthritis, and respiratory disease. Features a new preface by Kenneth Pelletier and a new foreword by Dr. Stephen E. Locke.

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