



Stress Less: Break the Power of Worry, Fear, and Other Unhealthy Habits

Don Colbert MD

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Do you realize that Americans are the most anxious, overextended, and "pressured" people in the world? A noted physician and best-selling author, Colbert exposes stress as a potential killer. He examines scientific evidence; explores practical proven theories; explains biblical principles; shares anecdotal stories; and challenges you to make lasting lifestyle changes to overcome stress.



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