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THE FEAR CURE: CULTIVATING COURAGE AS MEDICINE FOR THE BODY, MIND, AND SOUL



Hay House Inc. Paperback. Book Condition: new. BRAND NEW, The Fear Cure: Cultivating Courage as Medicine for the Body, Mind, and Soul, Lissa Rankin, Not many people in the medical world are talking about how being afraid can make us sick-but the truth is that fear, left untreated, becomes a serious risk factor for conditions from heart disease to diabetes to cancer. Now Lissa Rankin, M.D., explains why we need to heal ourselves from the fear that puts our health...

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- Authored by Lissa Rankin
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