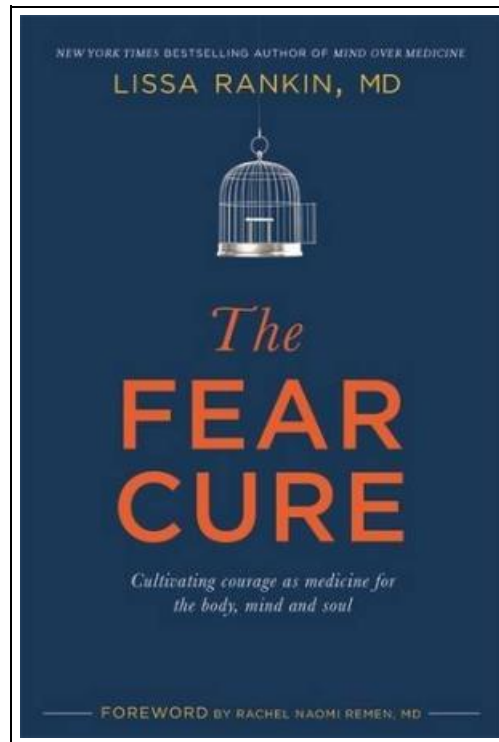


The Fear Cure: Cultivating Courage as Medicine for the Body, Mind and Soul



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Reviews

*I actually started reading this article ebook. It is actually packed with knowledge and wisdom Its been printed in an remarkably simple way and it is only after i finished reading this pdf where in fact modified me, alter the way i believe.
(Prof. Uriel Witting)*

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



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Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, The Fear Cure: Cultivating Courage as Medicine for the Body, Mind and Soul, Lissa Rankin, Dr Lissa Rankin realized that fear is not just a nuisance emotion that makes us unhappy; it's a serious risk factor for disease that threatens our longevity. The body's physiological response to fear raises patients' risk for conditions from heart disease to diabetes to cancer - and even when patients know what they need to do in order to heal, fear often holds them back. In The Fear Cure, Dr Rankin presents a breakthrough understanding of fear, courage and health, exploring the psychospiritual roots of disease and charting a path back to wellness in body and soul. Using peer-reviewed studies and scientifically proven techniques, she shows readers how fear operates and what can be done to reduce its damaging effects. Featuring a practical six-step process aligned with New York Times bestseller Mind Over Medicine, The Fear Cure also includes: how a fearful thought translates into physiologic changes throughout the body that disable the body's natural self-healing mechanisms; the difference between 'clean fear' (the kind that arises from a genuine, present threat) and 'dirty fear' (which leads to unnecessary stress responses that put us at risk for disease); and how mustering up courage not only heals our body, it heals our entire life.



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