



## How to Overcome Stress: The Silent Killer: Learn How to Conquer Fear, Anxiety, Depression

By Tony Xhudo MS Hn

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Chronic stress can make life miserable and it kills, the leading cause of illness in America today, with over three quarters of the population experiencing or suffering from symptoms related to stress. Don't be a victim to this syndrome, learn how to prevent, and recover from this debilitating illness. Do you experience: Anxiety Headaches Nervousness Fatigue Insomnia Panic attacks Low sex drive Unnecessary weight gain Depression Suffering from an unexplained illness? Do you wish to avoid a shortened life that ends in a painful conditions such as cancer or heart disease? Why wait for that to happen? Unseen or internal sources of chronic stress could be creating health problems right now for you that may not appear to you in weeks, months, or even years. In any case, you need to identify the underlying causes of health problems and efforts to resolve them by reading this book. Remember, symptoms are signs that your body is struggling with chronic stress. Know what to do with the help of this book, learn to apply simple home...



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