



## Stand Up to Stress: How to Unwind Your Body and Mind (Paperback)

By Dr Stanley Miller

iUniverse, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Everyone suffers from stress. If you don't handle it properly, however, it can ruin your life. That's why Dr. Stanley Miller, a chiropractor and nutrition expert, is passionate about helping people battle stress. In this guide to dealing with stress, he offers tips, strategies, and analysis to help you - understand the physiology of stress; - boost your health with practical, down-to-earth exercises; - use vitamins and supplements safely and effectively; and - match the success of others who have overcome stress. You're not alone; roughly twenty-seven million Americans are on prescription medication for depression and anxiety. With more people struggling financially, that number is only going to increase. But you don't have to be a statistic. You can cope with stress on a daily basis and protect yourself from disease and sickness. Dr. Miller takes you through his thirty years of clinical experience in his busy chiropractic practice so you can change your life for the better and Stand Up to Stress.



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