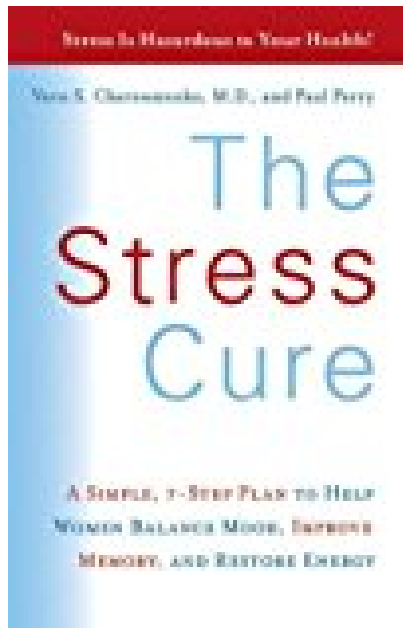


The Stress Cure A Simple 7-Step Plan to Help Women Balance Mood Improve Memory and Restore Energy



BOOK DETAILS

- Author : Vern S. Cherevatenko
- Pages : 272 Pages
- Publisher : Collins Living
- Language : English
- ISBN :

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BOOK SYNOPSIS

Outlines the authors stress management and reduction program, counseling readers how to apply supplements, nutrition, exercise, and techniques in order to heal a bodys biochemistry and overcome such challenges as depression, irritability, anxiety, weight gain, and psychological illness. Reprint. 10,000 first printing.

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