



From Frazzled to Fantastic! You're One Thought Away from Feeling Better

By Lynn Durham

Createspace, United States, 2011. Paperback. Book Condition: New. 214 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Did you know that 5 minutes of remembered anger can depress your immune function for up to 6 hours? That your platelets get sticky with stress? That the telomeres on your DNA shorten and you age faster? This book is filled with stories, comments, suggestions, quotes and references to medical research rich in proving the psychological and physical benefits in healthy thinking and feeling good. You can look over the new thoughts at the end of each segment with an open mind and see if there are any you want to test drive in your life to change your heart variability pattern from jagged and erratic to a more coherent rhythm as you move From Frazzled To Fantastic! Foreword by Sam Horn, The Intrigue Expert, author of POP! and the upcoming SerenDestiny and Eyebrow Test PRAISE: I picked up From Frazzled to Fantastic with the intention of flipping through it. Two hours later I d read it cover to cover. I will read it again and again-next time slower, to savor. Lynn Durham is a gifted teacher, writer,...



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Reviews

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