

Deadly Emotions

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[Deadly Emotions](#)

Did you know that negative emotions can adversely affect your health? Depression, anger, guilt, condemnation, low self-esteem-these are only a few of the lethal toxins that threaten body and spirit. Offering a clear definition of deadly emotions-what they are, where they come from, how they manifest themselves, and their effects on the body-Dr. Colbert uses scientific evidence to support his views.

[Deadly Emotions: Understand the Mind-Body-Spirit ...](#)

Bestselling author Dr. Don Colbert explores how negative emotions can have a deadly effect on the body, mind, and spirit, and offers techniques for releasing these toxic catalysts. Destructive emotions can have toxic effects on the body and result in a wide range of serious illnesses – hypertension, arthritis, multiple sclerosis, irritable bowel syndrome, and even some types of cancer.

[Deadly Emotions: Understand the Mind-Body-Spirit ...](#)

In general, DEADLY EMOTIONS is an eye-opening guide to our responsibility for many of the illnesses we experience and to the possibility of creating a healthier emotional state." D.J.B. © AudioFile Portland, Maine

[Deadly Emotions by Don Colbert, Greg Wheatley |, Audio CD ...](#)

entrenched in deeply toxic emotions: resentment and bitterness (often in the aftermath of a divorce), anxiety and fear owing to past experiences, depression, grief, gloom, and despair.

[Deadly Emotions: Understand the Mind-Body-Spirit ...](#)

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Deadly Emotions: Understand the Mind-Body-Spirit ...

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A small collection containing a few stories about the horrors of emotions. From an abusive relationship to a girl bent on revenge against couples, these stories bring out the darker side of human emotions, a side we all connect to but try to hide. Included is a poem which will be a part of a future collection.

Deadly Emotions: A Collection of Short Stories by Galea Rain

Anger can be devastating to your physical health. When we experience anger, adrenaline and norepinephrine flood the bloodstream. This causes blood vessels to constrict, which causes a rise in blood pressure, increasing the heart rate.

3 Deadly Emotions: The Mind Body Connection That Can Kill ...

Depression, anger, guilt, condemnation, low self-esteem-these are only a few of the lethal toxins that threaten body and spirit. Offering a clear definition of deadly emotions-what they are, where...

Deadly Emotions: Understand the Mind-Body-Spirit ...

Description. Description. Now with added content and updated statistics! Bestselling author Dr. Don Colbert explores how negative emotions can have a deadly effect on the body, mind, and spirit, and offers techniques for releasing these toxic catalysts. Destructive emotions can have toxic effects on the body and result in a wide range of serious illnesses – hypertension, arthritis, multiple sclerosis, irritable bowel syndrome, and even some types of cancer.

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Chronic deadly emotions such as anger, violence, etc., which causes inflammation in the body can lead to all kinds of diseases. Stress is a fact of life but too much stress will kill you. Also, some stress can be good and knowing how to handle it can do a body good! 1 person found this helpful

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Destructive emotions have toxic effects on the body and can result in a wide range of serious illnesses: hypertension, arthritis, multiple sclerosis, irritable bowel syndrome, and even some types of cancer. The truth is you may be shaving years off your life expectancy and robbing yourself of the physical health you ' ve worked hard for.

Deadly Emotions - Marketing Pages

Depression, anger, guilt, condemnation, low self-esteem-these are only a few of the lethal toxins that threaten body and spirit. Offering a clear definition of deadly emotions-what they are, where they come from, how they manifest themselves, and their effects on the body-Dr. Colbert uses scientific evidence to support his views.

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