



Unlearning Stress: Creating an Easier, Healthier, More Balanced Life

James Rohr L.Ac.

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"This is the book to read if you want a different, more sublime experience of life." -Dr. Karen Koffler,
Medical Director of *Canyon Ranch Miami Beach Hotel & Spa*

Unlearning Stress: Creating an Easier, Healthier, More Balanced Life has proven methods of ancient wisdom and modern sense to help you overcome the perils of stress. With 10 easy-to-follow steps, an entire new way of being is at your fingertips.

This is a handbook to teach you how to quiet your mind, deepen your breath, ground your spirit, and open your heart. With a dynamic combination of lessons from Chinese medicine and contemporary science, this is a truly holistic approach to increasing your resilience and improving your health.

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