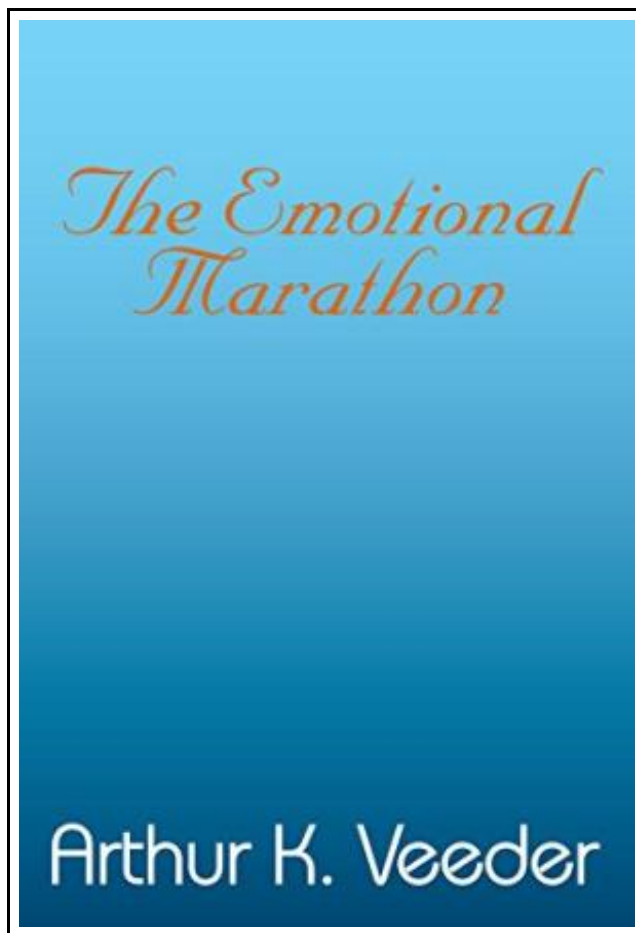


The Emotional Marathon



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AuthorHouse. Paperback. Book Condition: New. Paperback. 132 pages. Dimensions: 9.0in. x 6.1in. x 0.4in. This book initially gives an emotional auto-biography of the author and his wife. In their late twenties each ultimately became afflicted with certain chronic diseases which he deems to be essentially the end result of a continuous emotional lifestyle at marginal stress levels. They had been causing gradual wear and tear on their emotional systems causing afflictions corresponding to physiological weaknesses within each of them. Through a process of physical unwinding or withdrawal, the author and his wife have been able to totally eliminate stress and recover from each of their afflictions respectively. He feels that the procedure he outlines has widespread benefit toward the recovery and prevention of many of our seemingly no cure diseases such as heart disease, cancer, arthritis, diabetes and others. In the book the author attempts to delineate emotional forces to illustrate how the body can become harmed as opposed to its staying relaxed and healthy. He also graphically depicts how prevailing emotional changes can vary over a person's lifespan which also would have a bearing on one's emotional health. The author also hypothesizes that the offsprings of either or both of the parents so afflicted can become similarly afflicted. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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