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Dr. Edward Hallowell

Dr. Edward Hallowell
has been an

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stress in my (our)
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Help You Relieve
Stress. Stress's effects
on the body; Exercise,
exercise, exercise; Eat
healthfully; Sleep
restfully; Relax and

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breathe: the

relaxation response;

Practice Good Stress

Habits. Key Idea:

Avoid stress

stimulants; Adopt

stress busters;

Activity: Keep a body

healthy; Frequently

Asked Questions;

Practice. Scenario

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