



Healing Hypertension: A Revolutionary New Approach

Samuel J. Mann

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A PIONEERING APPROACH TO OVERCOMING HIGH BLOOD PRESSURE

If you are one of the millions of people diagnosed with high blood pressure, this groundbreaking book can change your life. Unique in combining a medical and a psychological approach, Samuel J. Mann, M.D., explains:

- How you can tell whether or not your high blood pressure is related to emotions
- How to find the medication best suited for you, and when to reduce or eliminate unnecessary medication
- How exploring "hidden" or repressed emotions can reduce your blood pressure and the need for medication

Featuring compelling and instructive case histories as well as the latest medical research, **Healing Hypertension** can help you make sense of your high blood pressure while offering new choices for controlling it.

"In Healing Hypertension, Dr. Samuel Mann pushes the boundaries of medicine by demonstrating the emotional components of hypertension, one of the most serious health problems of our day. Healing Hypertension shows that it is not enough to attend to our physical bodies; we must look to our emotional life as well if we expect to be healthy and whole. This is an immensely important book."

-Larry Dossey, M.D., A

Author of Healing Words and Reinventing Medicine

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Miguel Penix:

Spent a free time for you to be fun activity to perform! A lot of people spent their leisure time with their family, or their friends. Usually they undertaking activity like watching television, planning to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Could be reading a book is usually option to fill your free time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to try out look for book, may be the guide untitled Healing Hypertension: A Revolutionary New Approach can be excellent book to read. May be it may be best activity to you.

Julie Slocum:

A lot of people always spent all their free time to vacation or perhaps go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity that's look different you can read a book. It is really fun in your case. If you enjoy the book that you just read you can spent all day long to reading a reserve. The book Healing Hypertension: A Revolutionary New Approach it is very good to read. There are a lot of people who recommended this book. These people were enjoying reading this book. Should you did not have enough space bringing this book you can buy the actual e-book. You can m0ore quickly to read this book from the smart phone. The price is not too costly but this book has high quality.

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