



When Relaxation is Hazardous to Your Health: Why We Get Sick After the STRESS is Over, and What You Can Do Now to Protect Your HEALTH

Marc Schoen

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The new MIND-BODY MEDICINE that deals with the LET DOWN EFFECT which causes us to become sick after the stress is over. Do you become sick after a stressful project at work?

Do you find yourself becoming sick after exams or stressful events?

Do you become ill during or after vacations?

If you answered "Yes" to any of the above questions, then this book may make a big difference in helping you protect your HEALTH.

Learn how relaxing too quickly leads to the Let Down Effect and illness.

Learn how the Let Down Effect causes illness and painful physical symptoms, such as headaches, stomach disorders, inflammation, colds, and the flu.

Learn what you can do in a few minutes a day to help stop the Let Down Effect and remain healthy.

Learn to use the new rapid HYPNOSIS techniques called SOMAFOCUS, proven by clinical research, to positively affect the IMMUNE SYSTEM and HEALING.

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