



Deadly Emotions: Understand the Mind-Body-Spirit Connection That Can Heal or Destroy You

By Don Colbert

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Did you know that negative emotions can adversely affect your health? Depression, anger, guilt, condemnation, low self-esteem-these are only a few of the lethal toxins that threaten body and spirit.

Offering a clear definition of deadly emotions-what they are, where they come from, how they manifest themselves, and their effects on the body-Dr. Colbert uses scientific evidence to support his views. He further offers hope in the form of God's power to deliver readers from these toxins, focusing on the power of forgiveness and repentance, the value of a merry heart, and the joy of the Lord. Finally, Dr. Colbert shares insights on the role nutrition plays in removing the physical toxins that inhibit true health.

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Editorial Review

Review

"It's refreshing when a physician provides research to back up claims in the sometimes ephemeral field of the mind-body connection. Dr. Colbert examines humans and the multitude of illnesses that stem from wrong thought and lifestyle with a near-religious fervor that doesn't detract from the value of this audiobook. The weaving of spiritual knowledge with scientific savvy make this especially palatable. Greg Wheatley is a straightforward narrator who doesn't stumble over medical terms or the author's occasional overzealousness. In general, DEADLY EMOTIONS is an eye-opening guide to our responsibility for many of the illnesses we experience and to the possibility of creating a healthier emotional state."

D.J.B. © AudioFile Portland, Maine

About the Author

Don Colbert, MD, is a board-certified family practice physician who specializes in nutritional therapies. He has his own practice and, through his medical skills and writings, has helped thousands of people to discover the joy of walking in divine health. He is the author of *The What Would Jesus Eat Cookbook*, *201 Secrets to Healthy Living*, and *Deadly Emotions: Understand the Mind-Body-Spirit Connection That Can Heal or Destroy You*.

Greg Wheatley is the host of *Prime Time America*, Moody Broadcasting's afternoon magazine, syndicated to more than two hundred outlets across the country. In addition, Greg hosts the program *Sound of Majesty*, and is heard on Radio School of the Bible. Greg and his wife Jennifer have three children and live in Wheaton, Illinois.

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