# The Complete Handicapper You Can Beat The Races

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a specialist in biobehavioral medicine presents a holistic program for enhancing immunity and improving your chances of recovery from serious illness this guide offers practical science based techniques that have been proven to help cancer and chronic disease survivors you can beat the odds reveals surprising risk factors greater than smoking diet or cholesterol that can make the difference between robust health and life threatening illness even your genetic inheritance isn t as fixed as you might have imagined brenda stockdale s mind body approach addresses the underpinnings of illness health and healing each technique in her program is designed to improve the way your body responds to viruses illnesses and even daily stress this volume includes exercises to help you personalize your program and integrate insights quickly into your everyday life

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