

Anger Kills By Dr Redford Williams

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In Anger Kills, Dr. Redford Williams reveals ground-breaking research that confirms that hostility not only is a serious barrier to happiness, but can lead to heart disease and other life-threatening illnesses. Dr. Williams and his wife, Virginia, team up to present the latest research in the field and offer seventeen practical strategies that can help readers translate scientific theory into ...

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Anger Kills written by Dr. Redford Williams and has been published by Crown this book supported file pdf, txt, epub, kindle and other format this book has been release on 2012-11-14 with Self-Help categories. Anger kills. We ' re speaking here not about the anger that drives people to shoot, stab, or otherwise wreak havoc on their fellow humans.

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Anger Kills: Seventeen Strategies for Controlling the Hostility That Can Harm Your Health. by. Redford Williams, Virginia Williams. 3.88 · Rating details · 64 ratings · 7 reviews. From a pioneering researcher, a bestselling practical guide for reducing hostility -- and decreasing the risk of heart disease."Practical and eminently well researched."--Joan Borysenko, Ph.D., author of "Minding the Body, Mending the Mind".

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ANGER KILLS is a user-friendly book that combines practical skills with sound background information--starting with The Hostility Questionnaire in Chapter One "Am I At Risk?" which helps the reader identify her levels of Cynicism, Anger, and Aggression.

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perfectly normal people. • If your immediate impulse when faced with everyday delays or frustrations—elevators that ...

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President Dr. Virginia Williams co-authored Anger Kills, LifeSkills, and In Control. Along with Dr. Redford Williams, she researched and assembled the ten skills taught in the Williams LifeSkills workshops. Over the past several years, she has worked with a variety of groups, led numerous LifeSkills workshops, and trained many facilitators.

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A Duke University researcher believes some of us possess an "anger gene" that could lead to serious health problems. Dr. Redford Williams, director of the Behavioral Medicine Research Center at Duke University School of Medicine, has proven that prolonged periods of anger raises our blood pressure, our adrenaline and our cortisol levels, causing damage to the immune system.

~~Prevent Disease.com – Could Anger Be a Hereditary Trait?~~

Seventeen Strategies for Controlling Hostility That Can Harm Your Health, Anger Kills, Dr. Redford Williams, Crown. Des milliers de livres avec la livraison chez vous en 1 jour ou en magasin avec -5% de réduction .

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