



# 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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#### 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."

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#### About the Author

Don Colbert, M.D., a board-certified family practitioner since 1984, is the author of such bestsellers as *What Would Jesus Eat?*, *Toxic Relief*, *Walking in Divine Health*, and the Bible Cure Booklet Series. Dr. Colbert has developed his own vitamin line, Divine Health Nutritional Products, and hosts the national talk show, *Your Health Matters*, with his wife Mary. He regularly speaks at national seminars. He makes his home in central Florida.

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