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also knows the Lord—and very importantly, he understands people. He understands that God created us as whole human beings— body, mind, emotions, and spirit. Dr. Colbert’s basic message is one we all need to hear, and especially hear in the Christian community: What we feel emotionally often becomes HOW we feel physically.

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This book takes a unique look at the link between emotions and health. Johnson integrates and interprets current research, suggesting a potentially deadly role for anger, hostility, and aggression in heart disease, cancer, ulcers and hypertension.

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