



Stress and Nervous Disorders (By Appointment Only)

Jan de Vries

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In Stress and Nervous Disorders Jan de Vries deals with one of the major problems of today's society. He discusses the issues and provides proven and practical advice based especially on a low-stress diet. Other areas covered in this highly successful and much praised book include depression, anorexia nervosa, phobias, allergies and alcoholism.

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