



# Stress & Natural Healing: Herbal Medicine and Natural Therapies

*Christopher Hobbs*

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**Stress & Natural Healing: Herbal Medicine and Natural Therapies** Christopher Hobbs

From stomach ulcers to insomnia, depression to stroke, stress-related illnesses have become a big concern in today's society. Now Christopher Hobbs has compiled a comprehensive, all-natural guide to stress management, helping readers discover healthy ways to treat the underlying causes of stress before serious health problems occur. Determining your best diet; employing herbs that promote relaxation; and developing techniques for improving mental attitude are among Hobbs's methods for relieving stress.

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