

The Superstress Solution 4 Week Diet And Lifestyle Program Roberta Lee

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The official site for Dr. Roberta Lee and the Superstress Solution 4-week program

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Starting with a comprehensive, informative questionnaire to determine your stress level and stress personality type, The SuperStress Solution then guides you through a 4-week healing program to reset your rattled nervous system to a default state of rest rather than high alert.

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The SuperStress Solution is super-packed with information for understanding, reducing, and navigating the (doesn't-have-to-be)-constant stress that overwhelms so many of us today. Taking a holistic and integrative approach, Dr. Lee illustrates the toll that stress can take on the mind, body, and spirit, and then she provides a customizable plan that addresses each of these realms.

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