



# The Only Answer to Stress, Anxiety and Depression

*Dr. Leonard Coldwell*

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## **The Only Answer to Stress, Anxiety and Depression** Dr. Leonard Coldwell

All illness comes from lack of energy, and the greatest energy drainer is mental and emotional stress, which I believe to be the root cause of all illness. Stress is one of the major elements that can erode energy to such a large and permanent extent that the immune system loses all possibility of functioning at an optimum level. The Only Answer to Stress Anxiety & Depression is a book of hope, and Dr. Coldwell wants the reader to understand that there is always hope, no matter how bad Their health situation is right now. The journey to ultimate health can begin today! In his lifetime, Dr. Leonard Coldwell has: seen over 35,000 patients, had a 92.2% success rate with cancer and other illnesses, had over 2.2 million seminar attendees that wrote to him, sending in their comments and life stories. He has had over 7 million readers of his newsletters and reports. Dr. Coldwell is the doctor that has, in the opinion of leading experts, the highest cancer cure rate in the world.

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