

FIRST TIME IN PAPERBACK!

"I HAVE THE UTMOST ADMIRATION FOR DR. ELIOT'S BOOK, AS I HAVE FOR THE MAN HIMSELF. I HAVE BEEN BOTH OBSERVER AND BENEFICIARY OF HIS VALUABLE WORK."

—NORMAN COUSINS, author of *Anatomy of an Illness*

IS IT WORTH DYING FOR?

**HOW TO MAKE STRESS
WORK FOR YOU—NOT
AGAINST YOU**

**BY DR. ROBERT S. ELIOT
AND DENNIS L. BREO**
INTRODUCTION BY MICHAEL E. DEBAKEY, M.D.

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