



**The Belly Fat, Stress and Adrenal Fatigue  
Solution: Are You Doing 21st Century Work with  
19th Century Coping Skills? Learn How to  
Increase Your Stress (Paperback) - Common**

*By (author) MR Ross R Craft*

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In this book, we will cover how your adrenal system serves almost like the bodies control center and how prolonged stress can effect the functioning of all the glands in that system. A vast array of new products make most of our life's tasks easier and quicker. Instead of these new conveniences giving us a more leisurely life style they just seem to let us do more in the same amount of time. If yo...

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