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Stress And Anxiety For Healthier, Happy Lives By  
Goldie Hawn, Wendy Holden**



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There are 10 types of childhood trauma measured in the ACE Study. . As your ACE score increases, so does the risk of disease, social and emotional problems. When children are overloaded with stress hormones, they're in flight, fright or .. now gained control over them and living a much happier and healthier life.

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