

**NEW BELIEFS, NEW BRAIN: FREE YOURSELF FROM  
STRESS AND FEAR**

Philip Stopher

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**New Beliefs, New Brain: Free Yourself From Stress And Fear by Lisa Wimberger**

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## **New Beliefs, New Brain : Lisa Wimberger :**

Stress is a silent killer. New Beliefs, New Brain shares methods for healing the negative impacts of stress and fear that many police and.

### **NEW BELIEFS, NEW BRAIN: Free Yourself from Stress and Fear [SAMPLE] | Memory | Thought**

I had the opportunity to sit with her to discuss her book (New Beliefs, New Brain: Free Yourself from Stress and Fear), her teaching philosophy.

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