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[Home](#) > James Hawkin's Blog: Stressed to Zest

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Language

English

Address/URL: <http://goodmedicine.org.uk/stressedtozest>

The relevance of the web site

A research-evidence based blog on stress, health and well-being.

James Hawkins is an Edinburgh-based medical doctor & psychotherapist. He has been fascinated by health & well-being for a long time and taught CCI co-counselling in the early eighties.
