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By now, you likely know David Seidler, who won an Oscar on Sunday for best original screenplay for "The King's Speech," was a stutterer just like King George VI, whose battle with the speech ...Academy. Charlotte Ballet Academy offers a nurturing and structured environment that encourages individuality, creative expression and an appreciation for the art of dance. Stress is a normal part of everyday life -- there's no escaping it. However, there are some ways to deal with it that are more healthy and beneficial than others. For instance, drinking alcohol is ...Emmett Miller MD offers CDs, MP3s, DVDs, and books designed to help you decrease stress, anxiety, pain and headaches and enhance, your vast inner potential to heal, create, succeed, be happy, and perform at your optimum level through guided imagery, Meditation and Self-Hypnosis.