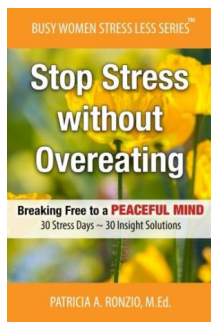


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STOP STRESS WITHOUT OVEREATING: BREAKING FREE TO A PEACEFUL MIND: 30 STRESS DAYS 30 INSIGHT SOLUTIONS



New Paradigm Wellness Publishing, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Does persistent stress leave you tense, upset and tempted to overeat? In this second volume of the Busy Women Stress Less Series, Breaking Free to a Peaceful Mind, Patricia Ronzio, MEd, encourages women to embrace their creativity and discover permanent solutions to chronic stress at home or at work. In 30 Stress Days - 30...

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