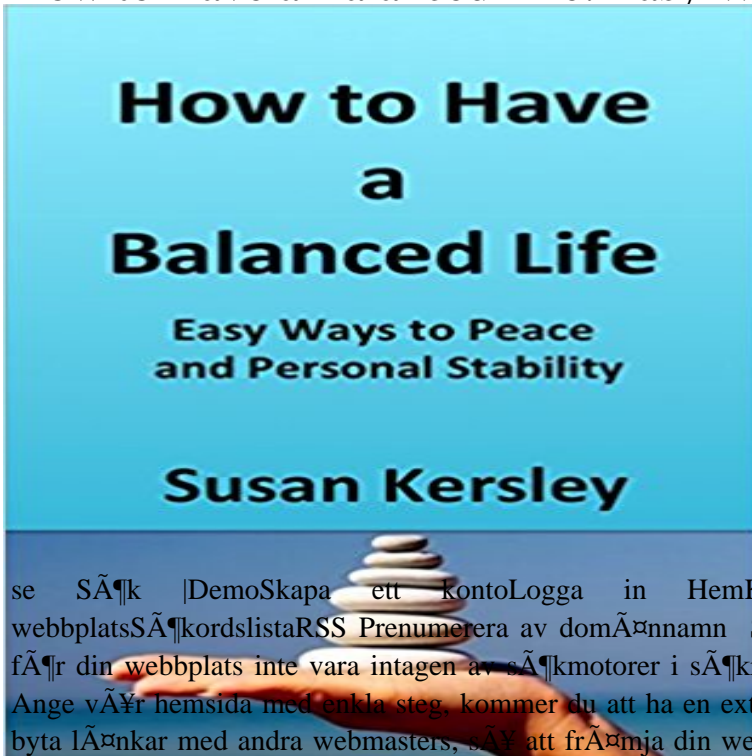


How to Have a Balanced Life: Easy Ways to Peace and Personal Stability



If you are stressed and overwhelmed you may need to improve the balance in your life. This book offers simple ways to do this. Follow the suggestions step by step and begin to feel more relaxed, less stressed and more in tune with life. Written by retired doctor and Life Coach Susan Kersley, author of several personal development books for doctors and others. <http://www.books.susankersley.co.uk>

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