

101 Ways to Beat Stress Now (Smart Style)



Smart Styles 101 Ways TominiBooks are a quick, informative introduction to a wide range of timely topics. Packed with information, including numerous websites for additional reading, they offer a colorful, fast-paced, and highly readable guide to solving common problems. We all feel stress in our lives. Since you are holding this book you too are looking for ways to relieve that stress. These 101 techniques will help you reduce and eliminate stress, providing relaxation, happiness, and inner peace instead. Find the techniques that work the best for you and practice, practice, practice. You will be thrilled at the changes in your relationships and in your life.

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