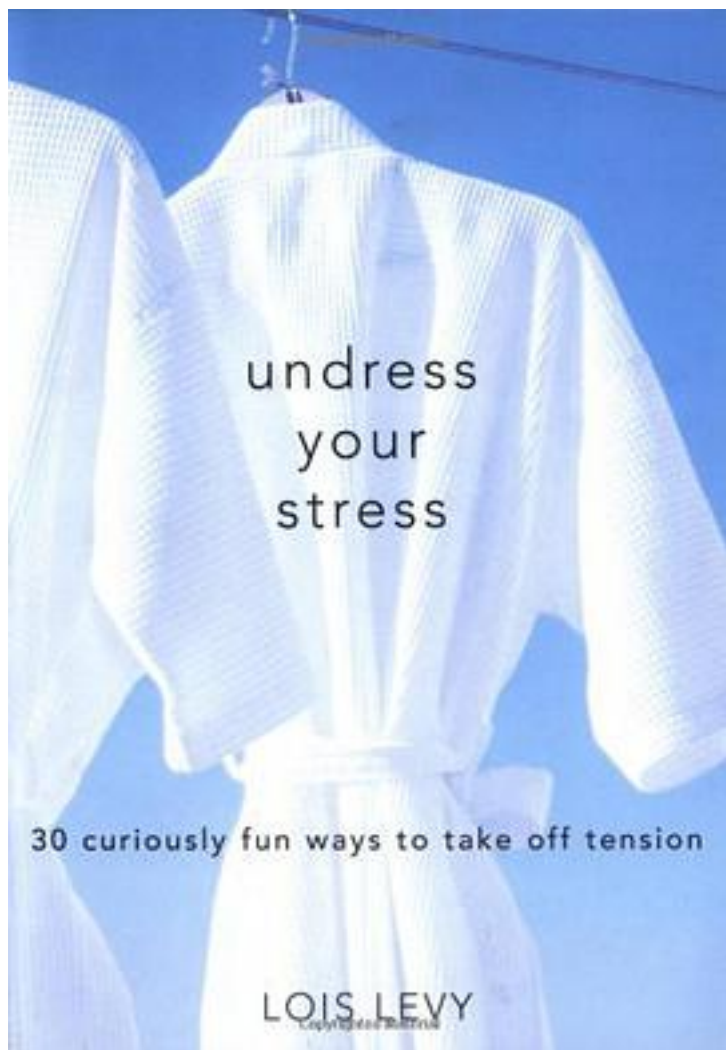


Undress Your Stress



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出版者:Sourcebooks Inc

出版时间:2005-10

装帧:Pap

isbn:9781402205323

Take off tension and take back your life with a variety of simple techniques that will leave you soothed, stress-free and satisfied. When is the last time you: ? Danced around your living room?? Screamed at the top of your lungs?? Bought a box of crayons for yourself?? Took a field trip? In quick, easy and not-necessarily-orthodox methods, Undress Your Stress will show you how to strip away stress and shed life's pressure.

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