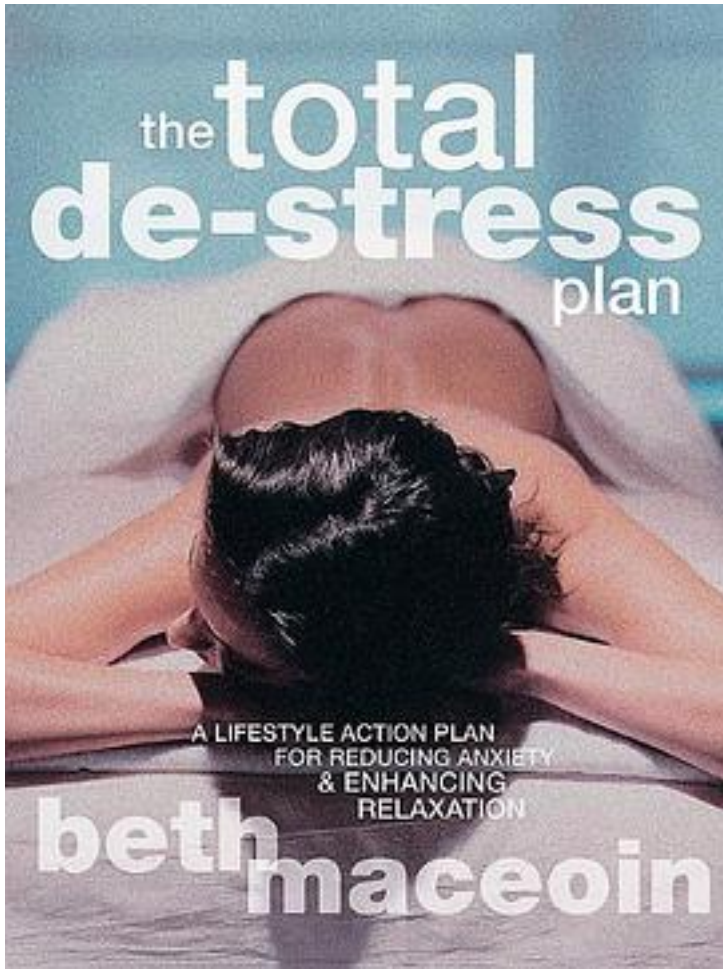


The Total De-Stress Plan



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The Total De-stress Plan provides all the tools you need to master your personal stress. The plan has five major sections, allowing you to focus on whatever aspect you feel will

benefit you most. Calm explores basic mental and emotional techniques to take control and defuse stress from within. Nourish deals with the known links between stress and diet. Replenish looks at exercise techniques that are known to calm both the mind and emotions. Pamper describes techniques that can help to provide a stress-free comfort zone, and Rebalance focuses on effective alternative and complementary medicines.

作者介绍:

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