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# THE DE-STRESS DIVA'S GUIDE TO LIFE: 77 WAYS TO RECHARGE, REFOCUS, AND ORGANIZE YOUR LIFE



Times Group Books, New Delhi, India, 2010. Softcover. Book Condition: New. First Edition. In this book, America's De-Stress Diva Ruth Klein gives you proven strategies for overcoming seventy-seven common stressors, with practical tips and techniques that you can put to work immediately to rebalance and re-energize your life. The De-Stress Diva understands the many stress points women encounter in juggling work, family, and friends. She has helped countless women overcome the stressful situations that affect them most to bring more...

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- Authored by Ruth Klein
- Released at 2010



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