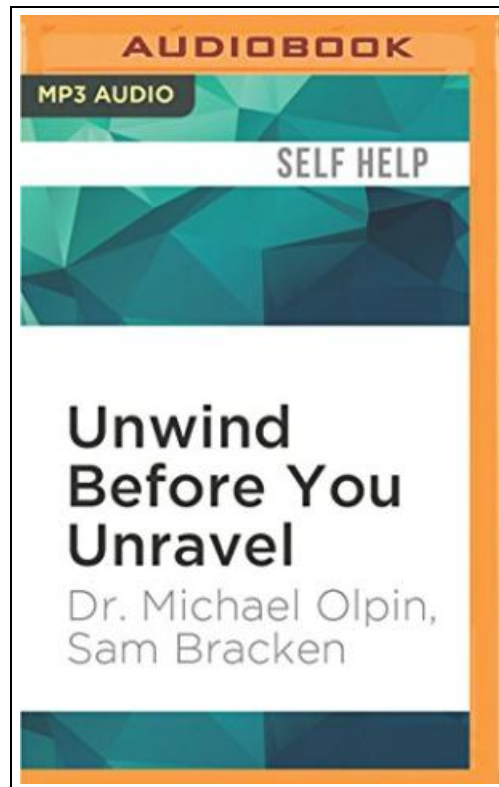


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UNWIND BEFORE YOU UNRAVEL: 24 WAYS TO BREAK FREE FROM STRESS



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Audible Studios on Brilliance, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. This book by Michael Olpin, a top-notch stress expert, and Sam Bracken, a no-longer-stressed-out writer, stands out from other books on stress management in one significant way: its whole person approach. Unwind Before You Unravel - 24 Ways to Break Free from Stress is about optimizing your body, heart, mind, and soul, recognizing that any and all of these dimensions of your life affect your anxiety level. It helps you get clear about who you are as well as your priorities and goals. The authors show you how to take charge of your life and how to make better choices that will prevent stress in the first place.

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