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CALM: 50 MINDFULNESS EXERCISES TO DE-STRESS WHEREVER YOU ARE



Apple Press. Hardback. Book Condition: new. BRAND NEW, Calm: 50 Mindfulness Exercises to De-stress Wherever You are, Arlene Unger, Everyone wants to feel calm and happy, but few of us manage it. The truth is that we are just not equipped for the twenty-first century - it is too fast, too crowded, too 24/7. And the more stressed we become, the harder it is to find the quiet oases that are essential to our wellbeing. It doesn't have to be...

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- Authored by Arlene Unger
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