

Relieve Your Worry

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Synopsis

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Just about every day brings some kind of stress into your life - and a new opportunity to treat yourself to the benefits of a calm mind, a stress-free body, and a refreshed spirit. Accompanied by soothing original New Age compositions, *Relieve Your Worry* brings you four techniques for letting go of anxious or negative thoughts, freeing yourself from worry, and finding joy in the here and now.

Reader's comments

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