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a couple of key areas of  
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“workouts” to aid in  
ridding your life of  
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unhealthy stress.

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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' ...

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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. [Read or

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‘He who is different  
from me does not  
impoverish me—he  
enriches me. —Antoine  
de St. Exupery’

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longer-stressed-out

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writer, stands out from other books on stress management in one significant way: its “whole-person” approach. Unwind!

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recognizing that any and  
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of your life affect your anxiety level. It helps you get clear about who you are as well as your priorities and goals.  
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*About Dr. Olpin*

Kwanzaa, which in Swahili means "first fruits," is a seven-day celebration that takes place each year from December 26 through

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