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## The Stress Relief Toolbox: For Women Who Take Care of Everyone But Themselves (Paperback)

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By Jackie Foscett

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Stop Stressing and Start Giving Yourself More Love, Care, and Attention! Feeling stressed and finding yourself giving more to others than to yourself? Isn't it time to get some relief and start nurturing your own well-being? When you read The Stress Relief Toolbox: For Women Who Take Care of Everyone but Themselves by Jackie Foscett, you'll discover: How to create a Toolbox for Quick Stress Relief Why self-care is the foundation of stress relief An easy, step-by-step process for Mastering the Art of Self Care How stress affects women differently than men Special tips to help you Keep the Calm Going! and much more! Many experts endorse The Stress Relief Toolbox: For Women Who Take Care of Everyone But Themselves: Jackie Foscett's flexible toolbox provides a wide range of easy to use and effective tools. I highly recommend The Stress Relief Toolbox: For Women Who Take Care of Everyone But Themselves. - Sue Patton Thoele, Author of The Courage To Be Yourself, The Woman's Book of Soul, and The Mindful Woman, among others. Order Your Copy of...



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