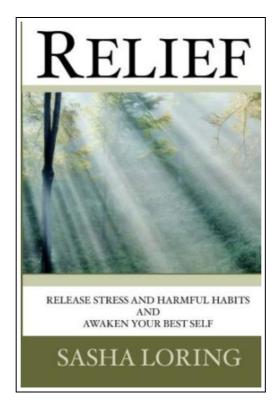
# Relief: Release Stress and Harmful Habits, and Awaken Your Best Self



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Relief is a book that provides a genuinely new and multifaceted approach to help you take control of your own mental and physical health. If you are stressed, anxious, or suffering from chronic health conditions this book can help. By recognizing when outdated aspects of your brain are taking charge, and by updating how your brain and body communicate, you can be the most powerful enhancer of your own wellbeing. Provided in this book are citations of the latest research regarding your brain/mind/body connections, guidance toward new insights, and exercises for positive change. This is a book that can be a guide to daily mind/body wellness, a resource to consult in times of stress or illness, and a reference for years to come.

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