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# Six Seconds to TRUE CALM®



**A REVOLUTIONARY  
APPROACH TO  
REMEDY STRESS**



**ROBERT SIMON SIEGEL, M.S.**

# Six Seconds To True Calm The Evolutionary Approach To Remedy Stress

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**Six Seconds to True Calm** Robert Simon Siegel,1998

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Provides clear cut methods and exercises to convert stress into insight and vitality

**Forthcoming Books** Rose Arny,2002

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Popular Science ,2005-09 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better

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