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The
**30-Day
Program**
for Inner Calm,
Confidence
and Control

"An up-to-date, comprehensive text for
helping people to manage stress."

Frederic M. Mittleman, Ed.D.
University of Pennsylvania

by Sharon Faelten, David Diamond
and the Editors of **PREVENTION** Magazine

Tension Turnaround

Scott C. Dulebohn



Tension Turnaround:

Delve into the emotional tapestry woven by Emotional Journey with in **Tension Turnaround** . This ebook, available for download in a PDF format (*), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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