

The Sensible Sourcebook!

Smart GuideTM to Relieving Stress

Quick & Easy
Strategies
for Minimizing
Stress and
Tension

Smart Strategies for managing your primary sources of stress, from financial and career challenges to family and relationship issues.

Smart Tips on breaking old, tension-loading habits and replacing them with proven relaxation techniques.

Smart Advice on all stress-relief options—from acupuncture and aromatherapy to music therapy and meditation.

Carol Bodger



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