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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

**Jianjun Gao**



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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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