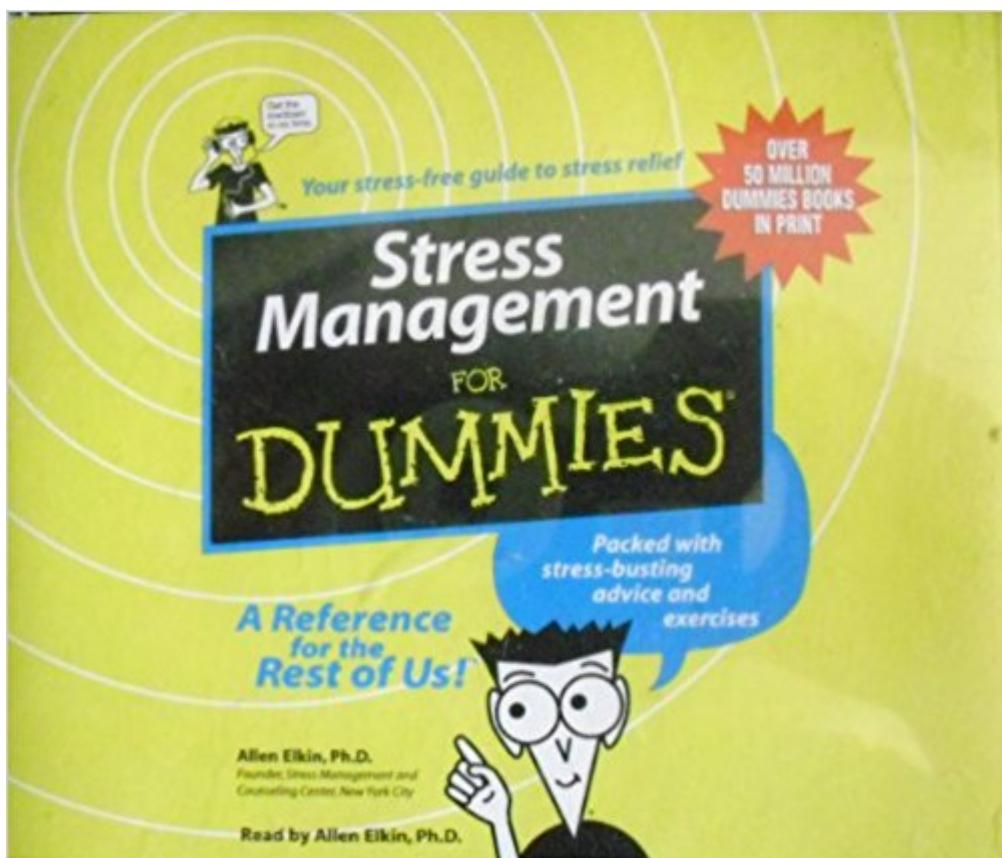


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# Stress Management For Dummies - 2 CD Audiobook



## Synopsis

IDG BOOKS set of 2 CDs

## Book Information

Series: For Dummies Series

Audio CD

Publisher: Harper Audio (2000)

Language: English

ASIN: B00IBKZVI2

Package Dimensions: 5.5 x 5 x 1 inches

Shipping Weight: 5.6 ounces

Average Customer Review: Be the first to review this item

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Coffee Lovers: A Meditation and Stress Relief Coloring Book for Grown-Ups (Humorous Antistress Coloring Pages and Zentangle Designs for Relaxation and Stress Relief) Coloring Books For Adults Volume 1: 40 Stress Relieving And Relaxing Patterns, Adult Coloring Books Series By ColoringCraze.com (Adult Coloring Books, ... Anti Stress Coloring Books For Grownups) American Football Sketch Gray Scale Photo Adult Coloring Book, Mind Relaxation Stress Relief: Just added color to release your stress and power brain ... and grown up, 8.5" x 11" (21.59 x 27.94 cm) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1) Stress Effects: A fascinating look at the effects of stress on breathing patterns, gut microbiome, adrenals and addiction. Why Zebras Don't Get Ulcers : An Updated Guide To Stress, Stress Related Diseases, and Coping ("Scientific American" Library) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Instant Help) Anxiety - 220 Stress Free Cures: 120 Simple Ways to Reduce Stress in Your Life & 100 Powerful Quotes

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