

Unwind 7 Principles For A Stress Free Life Michael Olpin

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Unwind!: 7 Principles for a Stress-Free Life (Paperback ...

Obviously, I was a fan of Unwind! 7 Principles for a Stress-Free Life. While I only touched on a couple of key areas of focus, the book provided many other strategies and “ workouts ” to aid in ridding your life of unnecessary and unhealthy stress.

Digesting Unwind! 7 Principles for a Stress-Free Life ...

Get this from a library! Unwind! : 7 principles for a stress-free life. [Michael Olpin] -- "This book by Michael Olpin, a top-notch stress expert, and Sam Bracken, a no-longer-stressed-out writer, stands out from other books on stress management in one significant way: its 'whole-person' ...

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About Dr. Olpin

Kwanzaa, which in Swahili means "first fruits," is a seven-day celebration that takes place each year from December 26 through January 1.

On each night of the holiday, families gather to light a ...

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