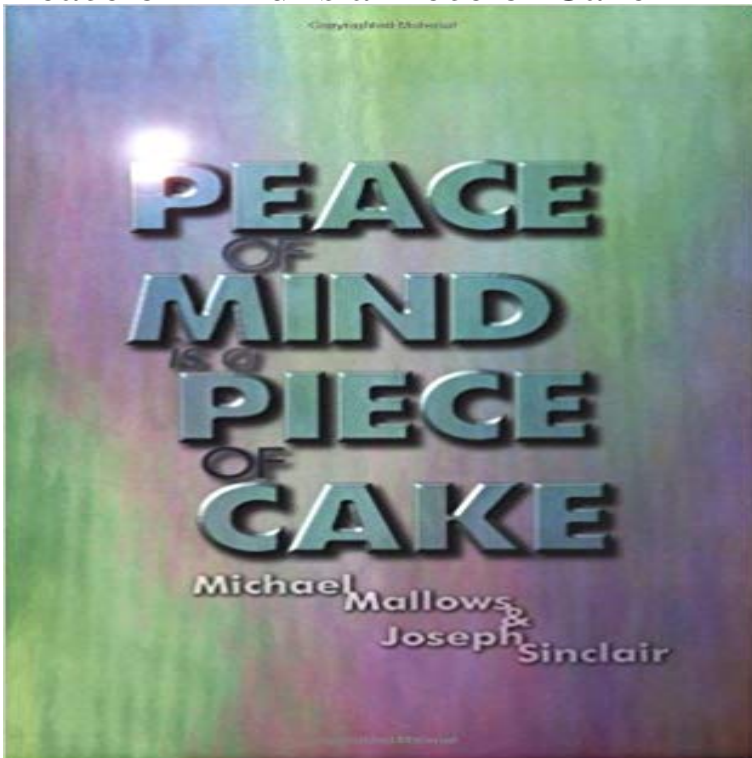


## Peace of Mind Is a Piece of Cake



The ultimate guide to help people cope with the stresses of modern day life. Contains relaxation techniques and exercises for immediate and lasting relief. The authors provide clear suggestions for how everyone can best respond to stress in their everyday life.

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