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STOP, BREATHE, CHILL



Adams Media Corp, 2016. Paperback. Book Condition: New. 15.24 x 17.78 cm. "How are You Feeling Today? Stressed? Worried? Anxious? Stop. Breathe. Chill. These mindfulness exercises will teach you how to focus on the present and stop freaking out about the future. Each entry tackles the sort of stuff life throws at you every day. Whether it's a situation with friends, issues with family, or the pressures of school, you'll learn how to live in the moment and stop stressing...

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- Released at 2016



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