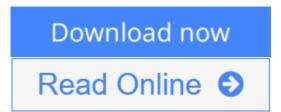


The Art of Peace and Relaxation Workbook

By Brian Luke Seaward



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This workbook contains over 130 exercises in the form of surveys, questionnaires, inventories, and journal entries, to help students make some or all of these stress-reducing skills part of their daily routine, and achieve balance. Available in print and electronically as an Express PDF.



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