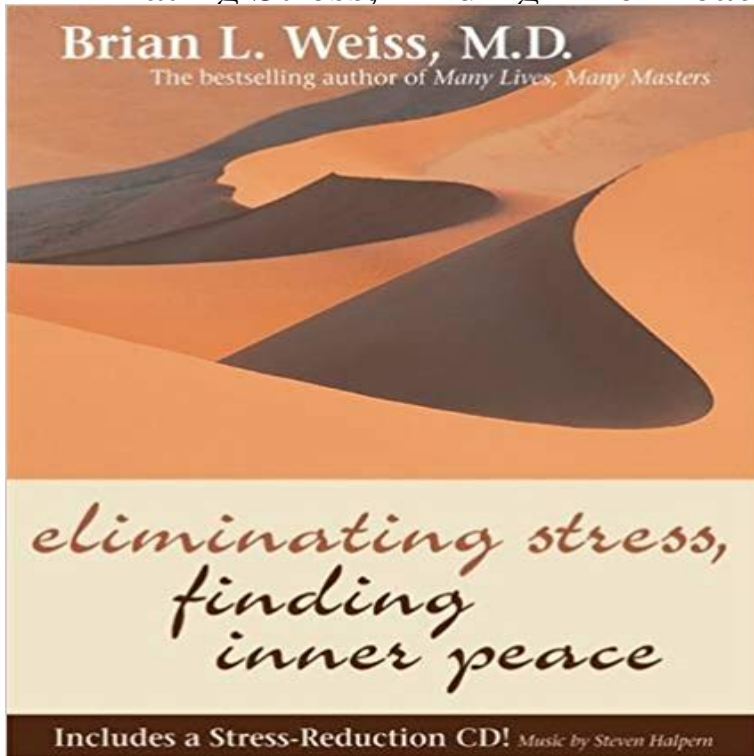


## Eliminating Stress, Finding Inner Peace



Guaranteed to reduce your blood pressure! Stress is a mental state that can cause both emotional and physical illness. The good news is it can be eliminated, or at least greatly lessened by learning simple relaxation techniques. This book and accompanying CD will help you learn these techniques and in so-doing help prevent and heal stress-related illness and disease.

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