



## 99 Ways to Fight Worry and Stress

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By Elsa Kok Colopy

2009. Paperback. Book Condition: New. 128mm x 8mm x 184mm. Paperback. The 99 ways to cope and rise above worry and stress are grouped into categories that include Guard Your Rest, Dream a Little, Pursue Healthy Diversions, and Dive Into Truth. <Shipping may be from our Sydney, NSW warehouse or from our UK or US warehouse, depending on stock availability. 100 pages. 0.086.



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