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The Big Book of Stress Relief Games: Quick, Fun Activities for Feeling Better

By Epstein, Robert

McGraw-Hill, 2000. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Getting Ready. The Games. The Anti-Boredom Game. The Beastly Boss Game. Beliefs That Can Kill. The Bliss List. Blowing Away the Tension. Blowing Up the Company. Building a Relaxation Machine. Capturing a Daydream. Compu-Relaxation. Coporate Space Oddity. Corporate Telephone. The Co-Worker from Hell. Dancing with your Eyes. The Glittering Roof. The Good, the Bad, and the Ugly. Gravity Magic. Hands that Heal. Hour Power. Keeping the Fires Burning. The Laugh Graph. A Little Help from My Friends. The Make-a-Fist Technique. Make Me Laugh. Making It Personal. Meditation for the Impatient. The Nirvana Room. One Minute in Hell. The Place of Perfect Peace. Popeye Puffs. Punch That Pillow! Reach for the Sky. Ready, Set, Sit! Red, White, and Very Blue. Run for Your Life! The Seek and Kill Game. Stacked to the Ceiling. Staying Cool, Getting Hot. Tangerine Trees. The Ten-Year Planner. The Terrific Tummy Technique. This Perfect Day. The Time-Tested Ten Count. Turn, Turn, Turn. The Turtle Technique. The Twenty-Eight-Hour Day. The Warmth of the Sun. What D'Ya Know? The Whoosh Game. Within You, Without You. The World is Round. Index. About the Author....



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