



The Little Book of Relaxation

By Lucy Lane

Summersdale Publishers. Hardback. Book Condition: new. BRAND NEW, The Little Book of Relaxation, Lucy Lane, This essential pocket-sized companion is packed with inspiring quotations from writers, spiritual leaders and philosophers, along with simple but effective tips to help you bring moments of calm into your daily life. The Little Book of Relaxation will benefit the mind and heart and make a real difference to every day.



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