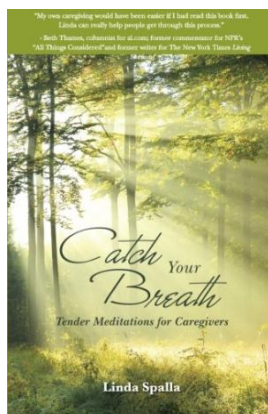


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Balboa Press, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. One of the meditations from Catch Your Breath cited in Oprah Magazine Whether you have chosen to be a caregiver or were hijacked by circumstances, Catch Your Breath, a series of touching meditations by Linda Spalla, will become a wisp of sanity and a day-to-day stabilizer. Spalla retraces an eight month caregiving journey with her mother,...

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- Authored by Linda Spalla
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