

The De-Stress Diva'S Guide To Life: 77 Ways to Recharge, Refocus, and Organize Your Life



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Reviews

It is just one of my personal favorite publications. It is among the most awesome publications I have read. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Delia Rutherford)

THE DE-STRESS DIVA'S GUIDE TO LIFE: 77 WAYS TO RECHARGE, REFOCUS, AND ORGANIZE YOUR LIFE



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Times Group Books, New Delhi, India, 2010. Softcover. Book Condition: New. First Edition. In this book, America's De-Stress Diva Ruth Klein gives you proven strategies for overcoming seventy-seven common stressors, with practical tips and techniques that you can put to work immediately to rebalance and re-energize your life. The De-Stress Diva understands the many stress points women encounter in juggling work, family, and friends. She has helped countless women overcome the stressful situations that affect them most to bring more joy into their lives, and now she can do the same for you. Printed Pages: 256.



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