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Unwind!: 7 Principles for a Stress-Free Life (Paperback) ...

Obviously, I was a fan of Unwind! 7 Principles for a Stress-Free Life. While I only touched on a couple of key areas of focus, the book provided many other strategies and " workouts " to aid in ridding your life of unnecessary and unhealthy stress.

Digesting Unwind! 7 Principles for a Stress-Free Life ...

Get this from a library! Unwind! : 7 principles for a stress-free life. [Michael Olpin] -- "This book by Michael Olpin, a top-notch stress expert, and Sam Bracken, a no-longer-stressed-out writer, stands out from other books on stress management in one significant way: its 'whole-person' ...

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This book by Michael Olpin, a top-notch stress expert, and Sam Bracken, a no-longer-stressed-out writer, stands out from other books on stress management in one significant way: its " whole-person " approach. [Read or Download] Unwind!: 7 Principles for a Stress-Free Life Full Books [ePub/PDF/Audible/Kindle] Unwind! is about optimizing your body, heart, mind, and soul, recognizing that any ...

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Description Unwind!: 7 Principles for a Stress-Free Life. This book by Michael Olpin, a top-notch stress expert, and Sam Bracken, a no-longer-stressed-out writer, stands out from other books on stress management in one significant way: its " whole-person " approach.Unwind!

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About Dr. Olpin

Kwanza, which in Swahili means "first fruits," is a seven-day celebration that takes place each year from December 26 through January 1. On each night of the holiday, families gather to light a ...