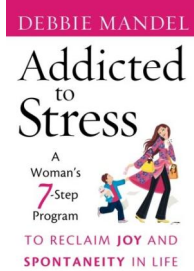


## Addicted to Stress: A Woman's 7 Step Program to Reclaim Joy and Spontaneity in Life



### Book Review

Very helpful to all of class of folks. This is certainly for all who statte there had not been a worthy of studying. Once you begin to read the book, it is extremely difficult to leave it before concluding.  
(Jayda Lehner Jr.)

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