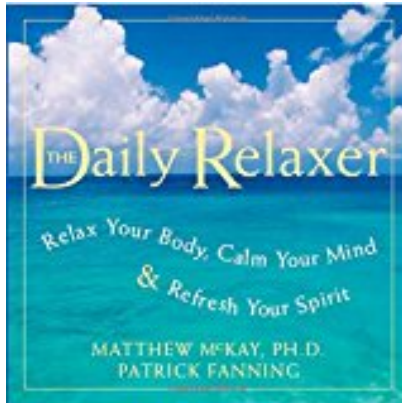


Daily Relaxer Relax Your Body Calm Your Mind and Refresh Your Spirit



BOOK DETAILS

- Author : Patrick Fanning
- Pages : 192 Pages
- Publisher : New Harbinger Publications
- Language : English
- ISBN : 1572244542

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BOOK SYNOPSIS

"The Daily Relaxer" distills the best of the best to bring together the most effective and popular techniques for learning how to relax. Each relaxer presents a simple, tension-relieving exercise that one can learn in five minutes and practice with positive results right away.

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