

# **Meditation: Complete Guide To Relieving Stress And Living A Peaceful Life (meditation, Meditation Techniques, Stress Relief, Anger Management, Overcoming Fear, Stop Worrying, How To Meditate) By Jen Steifer**

**By Jen Steifer**

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fast way to reduce stress. Meditation can wipe away the day's stress, The Mayo Clinic Guide to Stress-Free Living. Philadelphia, Pa.: Perseus Books Group;

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