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# I WANT TO BE CALM: HOW TO DE-STRESS



Hardie Grant Books. Hardback. Book Condition: new. BRAND NEW, I Want to be Calm: How to De-Stress, Harriet Griffey, With the stress and strains of modern life, it is increasingly difficult to be the peaceful and serene spirit that we all wish to be. In I Want to Be Calm, Harriet Griffey explores the issues we may face in our day-to-day lives that make us feel stressed, anxious, depressed or overwhelmed, and shares practical advice on how to overcome them....

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- Authored by Harriet Griffey
- Released at -



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