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INSTANT CALMNESS: HOW TO CALM DOWN AND STAY CALM IN ANY TOUGH SITUATION INSTANTLY!



Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English. Brand New Book ***** Print on Demand *****. The Instant-Series Presents Instant Calmness How to Calm Down and Stay Calm in Any Tough Situation Instantly! Pressure, stress, tension, uneasiness, worries, etc. - you name it. Ugh, can you just feel the burdens of work piling up, the responsibilities at home mounting up, and all the other countless things you have to do? Welcome to your 21st...

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